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TORONTO'S PROS SERVICE, HELMED BY JOLENE STOWELL, RIGHT, GIVES A VOICE TO SEXUALLY EXPLOITED GIRLS AND TRIES TO EDUCATE STUDENTS ON PIMPS AND PROSTITUTION PAGE 24

Al-Shabab confirms it tried to spare Muslims

Terror group says foreigners at Kenya mall were a 'legitimate target' PAGE 14

'We've never intentionally alienated anybody'

MGMT, forever misunderstood, follow their own drumbeat on new LP PAGE 35

TTC board OK's 3-stop subway

By a 6-4 margin, members endorse council-approved route to replace Scarborough RT PAGE 4

Bring hurt teenager home: Aunt

Medical aid required.
Family fears 17-year-old girl seriously injured in Kenya mall siege will lose use of her legs

Fardowsa and Dheeman Abdi
TORSTAR NEWS SERVICE

The aunt of two teenage sisters from Toronto who were wounded by bullets and explosions during the militant siege of a Nairobi mall this week is calling on the Canadian government to help bring one of them to Toronto for treatment.

Fardowsa Abdi, 17, and her 16-year-old sister Dheeman — both born at St. Michael's Hospital in downtown Toronto — were grocery shopping at the Westgate Mall supermarket when a group of gunmen stormed the building on Saturday, their aunt Hodan Hassan told Torstar News Service.

Quoted

"A couple months ago, the 17-year-old who was running around, visiting America, having fun and telling me of her plans to become a physician — her dream is not lost. Fardowsa needs to be brought back home."

Hodan Hassan, the girls' aunt

Hassan said Fardowsa, still in critical condition at a Kenyan hospital, may never walk again. She was gravely wounded in her lower body and has since undergone extensive surgery, including an eight-hour operation on Tuesday.

"They're trying to reconstruct her legs," she said, adding that doctors have told the family her niece will need extensive plastic surgery to repair lost muscle and tissue.

"She has a long way to go if she's even going to walk again.... There's just bone in some parts of her legs."

Dheeman, who was also shot and injured in an explosion, has since been released from hospital, said Hassan, who spoke with her shell-shocked niece on Wednesday.

"She's emotional and crying and just happy that she's OK," Hassan said.

Hassan said her nieces were lucky because they were "rescued" and brought to hospital soon after the shots rang out on Saturday.

"That is actually what I think made the difference. Fardowsa lost a lot of blood and was unconscious when they brought her to the hospital.... She's conscious right now but she is heavily medicated because of pain."

TORSTAR NEWS SERVICE

BABY JAYS HATCH LEFT & RIGHT

Sophie Harper Loup, the newborn daughter of Blue Jays reliever Aaron Loup, takes a nap on Dad's jersey at home last month in New Orleans, La. Loup is one of four new dads on the Jays this year, and one of five who have had children during the season. Story, page 61.

PICASA/TORSTAR NEWS SERVICE

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Report

Ottawa to act on forced marriage

Ottawa will review a set of recommendations on forced marriage made in a recent groundbreaking study by the South Asian Legal Clinic of Ontario. The report found 219 reported cases of forced marriage in Ontario between 2010 and 2012. Some 97 per cent of the victims were women.

Eighty-one per cent of the cases involved victims 16 to 34 years old. Most were forcibly removed from Canada and married abroad. The study — which experts say reveals the tip of the iceberg — comes as Canada, Ghana and the Netherlands lead the launch of a UN initiative to end child and forced marriage. **TORSTAR NEWS SERVICE**

Not even George Eliot?

U of T instructor admits teaching to the testosterone

David Gilmour
TORSTAR NEWS SERVICE

A University of Toronto English instructor is under fire for saying he only teaches books by "serious heterosexual guys."

"I said I would only teach the people that I truly, truly love. Unfortunately, none of those happen to be Chinese, or women," instructor David Gilmour told the online magazine Hazlitt. The author says the controversy is a misunderstanding.

"My only point is that I tend to teach people whose lives are close to my own." **TORSTAR NEWS SERVICE**

Mayor Rob Ford has his picture taken with smiling Ford supporters in Centennial Park during FordFest on Sept. 20. A new poll suggests the mayor's popularity has bounced back after a series of scandals over the spring and summer. VINCE TALOTTA/TORSTAR NEWS SERVICE

Poll: Mayor Ford's popularity up to 49%

Back on pre-crack-flak track. Subway, low unemployment cited for boost in support

Almost half of Torontonians approve of the job Rob Ford has been doing as mayor of Canada's largest city, a new poll suggests.

Forty-nine per cent of the 1,082 Toronto residents over 18 surveyed on Sept. 21 and 22 indicated they supported Ford, an increase from 44 per cent at the end of August.

"It's been speculated that the explanation is that his performance isn't being upstaged by personal incidents and if that's the case then I guess he's letting his record, or his thoughts, stand on its own," Deputy Mayor Norm Kelly said Wednesday.

The poll results suggest Ford is getting credit for moving ahead on the Scarborough subway and the city's low unemployment rate, said Lorne Bozinoff, president of Forum Research. Things have also been "pretty quiet in terms of personal controversies," he added.

Last week, Ford and city officials announced Toronto's monthly seasonally adjusted unemployment rate was 7.1 per cent in August, the lowest unemployment rate in five years. Ford called the decline "proof that my administration is on the right track."

Ford's level of support was back where it was April 5, before the crack cocaine allegations surfaced. His popularity has hovered in the 40s since he was sworn in as mayor on Dec. 1, 2010, peaking at 60 per cent at the end of his 90-day honeymoon period.

In last weekend's poll, Ford's support among men was characteristically higher (51 per cent) than women (46 per cent), and the biggest approval/disapproval disparity remained between downtown/East York (29 per cent) and the suburbs, where it ranged from 53 per cent in North York to 58 per cent in Etobicoke and 60 per cent in Scarborough.

"He's pretty much where he needs to be with the suburban voters," Bozinoff said. **TORSTAR NEWS SERVICE**

Quoted

"The metaphor I would use is the clouds have cleared and you can see the sun and there are a number of people out there that respond to that."

Deputy Mayor Norm Kelly

Project a 'fiasco': Councillor

Brampton. Coun. John Sprovieri questions builder's explanation for long delay, extra costs

A Brampton councillor is calling the city's controversial $500-million downtown redevelopment project — now facing a major delay — a "fiasco."

During Wednesday's council meeting, Coun. John Sprovieri suggested a picture of an Italian wine jug should be painted on the wall of the main building under construction, pointing out that in Italian such a jug is called a "fiasco." He said it would aptly represent how the project has been handled.

The original occupancy date for the building, which will house city workers, was January 2014. But staff won't be able to move in until at least June.

Developer Dominus Construction has claimed the main reason for the postponed completion is an elevator technicians' strike that idled about 500 workers across Ontario for two months, but ended in June.

Sprovieri is skeptical of that explanation, saying that at the time of the strike the building, which is part of the city hall expansion downtown, was barely rising above ground level and wasn't even close to being ready for elevator installation.

"The contract with the developer says they are not responsible for (cost) overruns if it's because of a strike or an act of God," Sprovieri said.

TORSTAR NEWS SERVICE

Danforth Tech offers munch with math; test scores energized

Teacher Rachael Cranswick, from left, student Kaelen Hoyland, 15, teacher Ivanka Slywynska and principal Denise Martins at Danforth Tech school on Wednesday. Despite overall scores in the Toronto District School Board being down in the latest provincial testing, at Danforth Tech they went up 7 per cent. The school credits its after-school math club that offered food to get kids to come out and get help. DAVID COOPER/TORSTAR NEWS SERVICE

TTC gives tepid approval to Scarborough subway plan

TTC CEO Andy Byford and TTC Chair Karen Stintz. TARA WALTON/TORSTAR NEWS SERVICE

In a narrow 6-4 vote, the TTC board has adopted the findings of a TTC report that says the three-stop subway approved by city council is the best option for replacing the aging Scarborough RT.

The report says the province's plan for a shorter subway that would run above ground only as far as the Scarborough City Centre has some serious drawbacks, including exposure to the weather and the need to shut down the SRT during construction.

Cash

$660M

The province has committed $1.48 billion, and on Monday, the federal government offered $660 million toward the Scarborough subway, estimated to cost $3 billion.

The board's tepid endorsement of the report showed just how complex Toronto's politically charged transit file has become.

Some TTC board members said they wouldn't vote to endorse the plan because the TTC's preliminary analysis of the two routes didn't give them enough information.

Coun. John Parker, who continues to support an LRT to replace the SRT, said he expects council will, nevertheless, confirm its preference for the underground subway when it meets next month.

Even TTC CEO Andy Byford, when pressed by a reporter, acknowledged that a downtown relief line should be the city's priority, to take some of the pressure off the overcrowded Yonge subway.

"It's not as simple as an either/or," he said.

"If I had to pick one I would choose the downtown relief line. But I don't think it's a perfect choice because the timings aren't exactly the same and because you've still got to replace the SRT."

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Date-rape talks not helping men: Speaker

Lecture series. Lecturer claims such discussions discourage men from higher education

JESSICA SMITH
jessica.smith@metronews.ca

The next speaker in an ongoing lecture series on men's issues will be speaking about why young men are disengaged with college and university — something he blames, in part, on the anti-date-rape talks given to freshmen.

The Canadian Association for Equality has hosted a number of lectures on men's issues.

Friday's talk is by Miles Groth, editor of the journal New Male Studies.

Groth said he will be speaking about the decline in men's enrolment in post-secondary education, which he puts as anywhere between 35 to 44 per cent of total enrolment.

Having men's centres on campuses could be a forum to discuss this issue, he said.

Asked what accounts for the trend of declining male enrolment, he said one reason is that date rape is discussed in the orientation seminars given to new students.

"Some of the content of these seminars, which are now very common in colleges and universities, set these boys coming in, set them up as being potentially dangerous and potentially harmful, particularly to women on campus," he said.

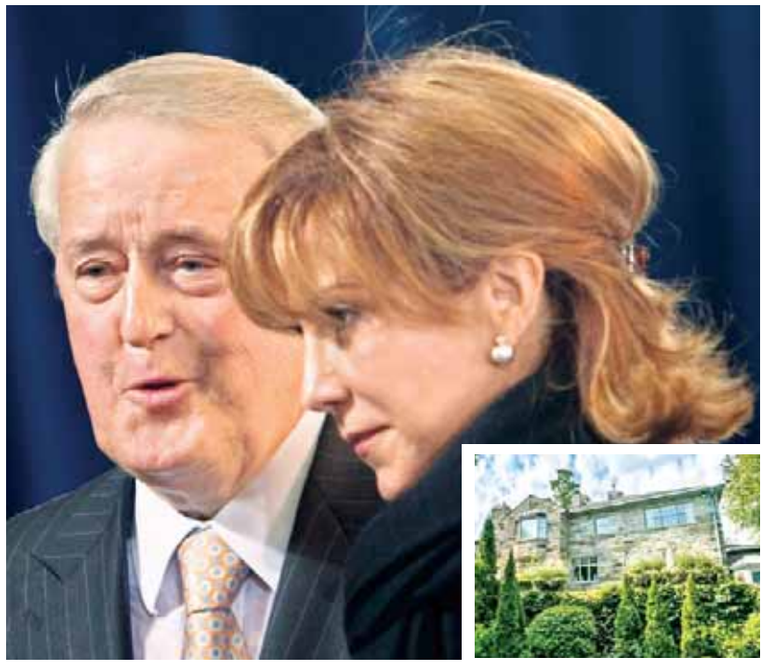
Groth questioned whether the date-rape talks are "overkill" and "whether in fact it might not be wiser to talk about this in a broader way, let's say for example, courtesy between boys and girls on campus, regardless of who's behaving, males or females."

A second reason for young men feeling unwelcome is that some courses appear to better reflect young women's university lives, he said.

Groth's comments come after a controversy over frosh chants that glorify non-consensual sex — or rape — of young women at two Canadian schools this year.

Counselor deb singh with Toronto Rape Crisis Centre/Multicultural Women Against Rape said educating young men and women about sexual assault in college and university is "crucial," considering the number of sexual assaults that take place on campuses.

"Talking about sexual violence is about letting people know that if you're drunk with someone and they said no, or they can't say yes or no because they're too intoxicated and you still go ahead with something anyways, guess what, that's sexual violence, that's sexual assault," she said. "It's about learning what it is."



Former prime minister's mansion for sale

Brian and Mila Mulroney's mansion, inset, in an exclusive enclave in Montreal's Westmount, could be yours for just $7,950,000. For that price, you get seven bedrooms, a gourmet kitchen, his-and-hers walk-in closets for the master suite, an exercise room, a study and a swimming pool that is "well placed for the sunshine," according to the official listing. ADRIAN WYLD/THE CANADIAN PRESS

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THE SWEET SUCCESS OF WEIGHT LOSS

When it comes to weight control, experts are increasingly putting the spotlight on sugar.

"In fact, mounting evidence points to controlling blood sugar as the key to successful weight loss" says Brenda Watson, naturopathic doctor and best-selling author.

Your blood sugar level is the amount of glucose from the food you eat that is circulating in your bloodstream. It provides energy or is stored for future use. All carbohydrates you eat, with the exception of fibre, are broken down by the body into glucose.

The body only requires 10 teaspoons of sugar per day to perform all its functions, but the average Canadian daily consumption is 26 teaspoons. This is no surprise when you consider that a half-cup of vanilla ice cream contains five teaspoons of sugar while one cup of cooked pasta contains eight.

For weight loss, Watson recommends a daily sugar consumption limit of six to eight teaspoons from all foods. Your body will draw on fat stores for any extra energy it requires and that will lead to weight loss. There are lots of low sugar food options such as lean protein, healthy fats, and virtually all vegetables.

There are also scientifically-proven weight loss products that help balance blood sugar, Watson says. For example, green coffee bean extract gained notoriety when it was featured on Dr. Oz's TV show.

"While I don't believe you can buy weight loss in a bottle, there are certainly products that can help. Green coffee bean is one of them, but I am really excited about a new ingredient called Fraxipure, which is a natural extract from European ash seed. It decreases blood sugar levels, increases fat burning and protects the liver. I recommend Simply Trim because it is the only product to combine green coffee bean extract with this fat-blasting Fraxipure.

"The bottom line — if you balance your blood sugar you will lose weight. How sweet is that?"

HOW MUCH SUGAR IS IN YOUR DIET?

Here is an easy equation for calculating how much sugar is in the food you eat. Nutrition Facts tables on packaged products provide carbohydrate and fibre amounts.

(CARBOHYDRATE GRAMS – FIBRE GRAMS) ÷ 5 = # OF TEASPOONS OF SUGAR

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Skip the line, go directly to the web to renew licence

The Ontario government says it's become the first province in Canada to allow eligible drivers to renew their licences online.

Drivers who don't need a photo, a test or have no outstanding fines or other issues can renew at the ServiceOntario website.

While drivers must renew their licences every five years, those eligible to renew online can use their existing licence photos for an additional five years, meaning they will only need to renew in person every 10 years.

The province says when drivers renew online, they can also get licence plate stickers and other driver and vehicle products in the same transaction. THE CANADIAN PRESS

Layton's legacy lives on with activist course

Think summer school is for slackers? Think again — a Ryerson initiative lets wannabe activists learn all about the art of social change

Young people who want to become activists like the late Jack Layton may get schooled on the subject next summer, thanks to a new initiative by Ryerson University.

The fledgling idea for a Jack Layton Summer School for Youth Activism was announced Tuesday at the institution's second-annual Jack Layton Lecture, alongside the appointment of Toronto street nurse Cathy Crowe as a distinguished visiting practitioner.

Layton passed away in 2011, just months after leading the federal New Democratic Party to its best-ever standing in the House of Commons.

Crowe, who identifies Layton as a mentor, will help start the summer school during her two-year term at Ryerson.

"I just hope to really share my passion for social justice with students," said Crowe on Wednesday about her appointment, adding Layton would have loved the idea.

NDP MP Olivia Chow said the school initiative highlights her late husband's commitment to young people.

"Jack, when he was alive, had a great deal of faith in the enthusiasm and energy of young people," she said. TORSTAR NEWS SERVICE

Former student becomes the teacher

Cathy Crowe can draw from a wealth of experiences.

- A Ryerson graduate, Crowe made a name for herself as a street nurse, tirelessly working for decades as an advocate for Toronto's homeless.
- Crowe was defeated as a provincial NDP candidate in the Toronto Centre 2010 provincial byelection.

Cathy Crowe, pictured above, is a well-known activist who will collaborate with Ryerson University Prof. Myer Siemiatycki on launching the Jack Layton Summer School for Youth Activism. STEVE RUSSELL/TORSTAR NEWS SERVICE

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Detainees vow hunger strike

Immigration. Inmates allege poor conditions at Lindsay facility after move from Toronto

Immigration detainees recently shuffled from Toronto to a Lindsay facility have vowed to continue a hunger strike until detention conditions improve.

The 191 inmates, held in Toronto West Detention Centre before their transfer to Lindsay in August, held a brief hunger strike last Tuesday, claiming poor treatment at the new facility, located almost two hours from Toronto.

About 150 detainees resumed a hunger strike Monday, consuming only water and juices, said inmate Eric Kusi. At least four inmates have fallen sick due to low blood sugar and blood pressure, he said.

"We just want to be close to our families for visits and normal treatment from the jail," Kusi, a native of Liberia, said Tuesday by phone.

The detainees have released a list of demands, pleading for better access to medical care and social workers, cheaper phone services to reach lawyers and families as well as an end to constant lockdowns.

Border officials said they are aware of their concerns and are working closely with the province to address them.

Border services agency spokesperson Anna Pape said the detainees are expected to be transferred back to Toronto once a new detention centre in Etobicoke is up and running in 2014.

TORSTAR NEWS SERVICE

Lose some booze rules: Wynne

Premier Kathleen Wynne may uncork a surprise for fans of Ontario's craft wines. Wynne suggested it is time to loosen Ontario restrictive laws around booze sales in order to boost the province's wine industry. While ruling out beer and wine in corner stores, Wynne acknowledged we have restrictive laws surrounding alcohol sales. "Ontario the Good," Wynne said with a sigh. "We're getting over our history, right?" MARK BLINCH/THE CANADIAN PRESS

Mayor Soknacki? Ford's first right-leaning rival

Businessman and conservative former councillor David Soknacki says he plans to run for mayor of Toronto, complicating the battle for voters seeking a gentler alternative to Rob Ford.

Soknacki is the first credible candidate to declare an intention to run against Ford. The right could get crowded: Karen Stintz, a current conservative councillor, is quietly organizing, and former Progressive Conservative leader John Tory is contemplating a second bid.

Soknacki is the founder of a successful spice business, Ecom, and served as David Miller's first-term budget chief.

He would begin the race as a longshot: Socknacki retired from politics in 2006, and his rivals are far better known. The campaign, however, is a marathon.

David Soknacki
TORSTAR NEWS SERVICE

"I don't kid myself with the enormity of the challenge — but frankly, also, the opportunity," he said.

Soknacki's personal wealth will give him an advantage over other little-known challengers.

"He has deep enough pockets personally that he could probably shoulder a campaign in the short term until it took off in the long term," said Coun. Adam Vaughan.

TORSTAR NEWS SERVICE

Community housing

Parallel probe vexes ombudsman

Toronto ombudsman Fiona Crean says the Toronto Community Housing Corp. (TCHC) may be interfering with her investigation into its chief executive's hiring and promotion practices — by conducting its own simultaneous investigation.

Crean's charge is disputed by the chair of the TCHC board of directors, Bud Purves, who says the city-owned public housing provider is acting appropriately.

A TCHC spokesperson said their third-party review was launched weeks before they knew of Crean's.

Crean said she is meeting with the housing agency's CEO on Thursday to learn more details. "If it is in effect a parallel investigation," she said, "they should step back and allow the ombudsman to do her investigation." TORSTAR NEWS SERVICE

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Time to talk about assisted suicide: Deb Matthews

End-of-life care. Conversation revived after Toronto doctor's dying plea to Canadians

Ontario's health minister says it's time for Canadians and their leaders to talk about assisted suicide, but the federal Conservatives are making it clear that they have no intention of reopening that emotionally charged debate.

"We have no desire to reintroduce legislation that would open this issue up," Justice Minister Peter MacKay said Wednesday.

Euthanasia and assisted suicide are illegal in Canada. But Canadians need to talk about the taboo subject and end-of-life care, said Ontario Health Minister Deb Matthews.

Health critic

"Baby boomers are not satisfied with this.... They realize ... there are ways to support a dying person that (are) better than dying in a hospital." NDP health critic France Gelinas

"I think it's about the community having the conversation, I think it's about people having the conversation," she said.

The Quebec government has tabled right-to-die legislation, the first of its kind in Canada. But Matthews said it's up to the federal government to decide whether it should legalize assisted suicide.

The issue resurfaced recently after a prominent doctor made an impassioned, videotaped appeal to legalize assisted suicide just a few days before his death.

Dr. Donald Low, who guided Toronto through the 2003 SARS crisis, asked that Canada allow people to die with dignity, eight days before he died from a brain tumour last week at age 68.

THE CANADIAN PRESS

Deb Matthews says it's time for Canadians to talk about assisted suicide. FRANK GUNN/THE CANADIAN PRESS

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Snip truck

Animal Services wants mobile spay, neuter clinic

One way to curb the number of unwanted cats and dogs in Toronto: put a surgery table in the back of a Winnebago, drive to low-income neighbourhoods, and offer to spay and neuter pets for free.

That is the thinking behind a pioneering proposal from Toronto Animal Services that recently received a stamp of approval from the city's licensing and standards committee.

Although mobile spay and neuter clinics already exist in many U.S. cities, the College of Veterinarians of Ontario, which sets standards for accreditation for the province, does not yet allow vets to take sterilization on the road.

But that could soon change: A college task force on shelter issues is expected to present a recommendation Wednesday to its governing council, to permit mobile spay and neuter clinics.

TORSTAR NEWS SERVICE

Manitoba. Candidate defends bio claiming he was a Facebook big shot

The person expected to represent the Liberals in an upcoming federal byelection in Manitoba says he is not misleading voters through his online biography, where he lists experience as a Facebook executive.

Rolf Dinsdale, the only candidate so far for the Liberal nomination in Brandon-Souris, was never an employee of Facebook. He worked for a Toronto company called Segal Communications, which handled sales for Facebook advertising in Canada between 2007 and 2009.

"Well, maybe I better change a couple of sentences here, but I don't think I'm being misleading at all," Dinsdale said Wednesday.

"I'll be very clear. I never worked directly for Facebook. I was a third-party agent. But this is very typical when companies expand into Canada, in the media business, that they'll hire Canadian companies to represent them here."

Segal and Facebook formed a "partnership," Dinsdale said, and he reported to a vice-president at Facebook.

Dinsdale recently moved back from Toronto to Brandon, where his family history runs deep. His father, Walter Dinsdale, was the area's Progressive Conservative member of Parliament for 32 years. His grandfather, George Dinsdale, was a Brandon mayor and legislature member.

Liberal candidate Rolf Dinsdale CONTRIBUTED

The 47-year-old has experience in publishing and media sales. His campaign website said Dinsdale "became a senior executive at the leading social media network Facebook, and guided its Canadian business operations until 2009."

THE CANADIAN PRESS

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Al-Shabab says foreigners were a 'legitimate target'

Kenya attack. Somali Islamic extremist group claims they took 'every possible precaution' to separate Muslims from non-believers

Al-Shabab, the armed Somali Islamic extremist group that attacked a shopping mall in Kenya, said Wednesday that foreigners were a "legitimate target" and confirmed witness accounts that gunmen tried to let Muslims go free while killing or taking the others captive.

In an email exchange Wednesday with The Associated Press, al-Shabab said: "The Mujahideen carried out a meticulous vetting process at the mall and have taken every possible precaution to separate the Muslims from the Kuffar (disbelievers) before carrying out their attack."

According to published accounts, witnesses have said the gunmen rounded up people, asked questions about Islam and told the Muslims to leave the mall.

At least 18 foreigners were killed, including six Britons and citizens from Canada, France, Trinidad, the Netherlands, Australia, Peru, India, Ghana, South Africa and China, when the militants entered the Westgate Mall on Saturday, slaughtering men, women and children with assault rifles and grenades and taking people hostage. The current death toll is 67 and is likely to climb with uncounted bodies remaining in the rubble of the Nairobi mall.

Mary Italo grieves for her son Thomas Abayo Italo, 33, who was killed in the Westgate Mall attack, as she waits to receive his body at the mortuary in Nairobi, Kenya, Wednesday. Thomas was an accountant and the breadwinner of the family who helped look after Mary, who is sick. BEN CURTIS/THE ASSOCIATED PRESS

Despite their efforts to spare Muslims, some of those killed were members of the faith. One man, Louis Bawa, whose wife Zahira and daughter Jennah were killed, told a London newspaper that al-Shabab was "using religion as an excuse to kill people." THE ASSOCIATED PRESS

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Pakistan. Quake survivors struggle for food, shelter

Villagers sit under a tree near the rubble of destroyed homes following an earthquake in the remote district of Awaran, Pakistan, Wednesday.
ARSHAD BUTT/THE ASSOCIATED PRESS

Survivors built shelters with sticks and sheets Wednesday, a day after their mud houses were flattened in an earthquake that killed 285 people in southwestern Pakistan.

While waiting for help to reach remote villages, hungry people dug through the rubble to find food. And the country's poorest province struggled with a dearth of medical supplies, hospitals and other aid.

The quake flattened wide swaths of Awaran district, where it was centred, leaving much of the population homeless. Almost all of the 300 mud-brick homes in the village of Dalbadi were destroyed.

Noor Ahmad said he was working when the quake struck and rushed home to find his house levelled and his wife and son dead.

"I'm broken," he said. "I have lost my family."

At least 373 people were also injured, according to a statement from the National Disaster Management Authority, which gave the latest death toll.

Doctors in the village treated some of the injured, but due to a scarcity of medicine and staff, they were mostly seen comforting residents.

The remoteness of the area and the lack of infrastructure hampered relief efforts. Awaran district is one of the poorest in the country's most impoverished province.

Just getting to victims was challenging in a region with almost no roads where many people use four-wheel-drive vehicles and camels to traverse the rough terrain.

"We need more tents, more medicine and more food," said a spokesman for the provincial government, Jan Mohammad Bulaidi.
THE ASSOCIATED PRESS

Created by catastrophe

Alongside the carnage of Pakistan's earthquake came a new creation: a small island of mud, stone and bubbling gas pushed forth from the seabed.

- Experts say the island was formed by the massive movement of the earth during the 7.7-magnitude quake that hit Baluchistan province.

Asiana Flight 214

U.S. investigating whether airline failed to help families after crash

In the first investigation of its kind, federal transportation officials are reviewing whether Asiana Airlines failed to meet legal obligations to help families of passengers after one of its planes crashed at San Francisco airport.

Three died and dozens were injured when Asiana Flight 214 crashed on July 6.

Under U.S. law, Asiana was required to provide services to family members of the passengers, from the posting of a toll-free information number, to providing transportation and lodging.
THE ASSOCIATED PRESS

Spain

Judge names 22 rail company officials as suspects in crash

The judge investigating a high-speed train crash that killed 79 people in Spain has named 22 rail infrastructure company officials as suspects.

A court statement said the judge has asked the Adif officials, including the company's three most recent presidents, to come in for questioning as suspects.

The officials also include board members and senior managers in charge of safety on the stretch near Santiago de Compostela where the crash occurred.
THE ASSOCIATED PRESS

China

Man gets death for killing child in parking dispute

A Beijing court on Wednesday convicted a man of murder and sentenced him to death for hurling a toddler to the ground in a case that horrified the Chinese public.

The two-year-old girl died in a hospital days after the incident. Her attacker, Han Lei, was caught the following day. The court said Han, 39, was looking for a parking space when he told the mother that her carriage was in his way. It said Han grabbed the girl from her carriage and raised her above his head before throwing her to the ground.
THE ASSOCIATED PRESS

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D.C. shooter: Radio waves drove me to it

Washington.
Navy Yard gunman's weapon inscribed with phrases like 'End to the Torment!' and 'Better off this way'

A close-up image of Aaron Alexis's Remington 870 shotgun. Scratched on it is 'Not What yall Say!' THE ASSOCIATED PRESS

Navy Yard gunman Aaron Alexis left a note saying he was driven to kill by months of bombardment with extremely low-frequency radio waves, the FBI said Wednesday in a disclosure that explains the phrase he etched on his shotgun: "My ELF Weapon!"

Alexis did not target particular individuals during the Sept. 16 attack in which he killed 12 people, and there is no indication the shooting stemmed from any workplace dispute, said Valerie Parlave, head of the FBI's Washington field office.

Authorities said his behaviour in the weeks before the shooting and records later recovered from the hotel room where he was staying reveal a man increasingly in the throes of paranoia and delusions.

"Ultra-low frequency attack is what I've been subject to for the last three months, and to be perfectly honest that is what has driven me to this," read an electronic document agents recovered after the shooting.

Alexis, a 34-year-old former Navy reservist and computer technician for a defence contractor, used a valid badge to get into the Navy Yard with a sawed-off Remington shotgun he had legally purchased two days earlier.

He was killed by a U.S. Park Police officer following a rampage the FBI said lasted about an hour.

THE ASSOCIATED PRESS

FBI Washinton

"We have not determined there to be any previous relationship between Alexis and any of the victims."

Valerie Parlave, head of the FBI's Washington field office

Orlando, Fla. Gun group plans shotgun giveaway as crime-fighting tactic

A gun group is offering free shotguns to residents in Florida, billing it as a way for people to protect themselves against crime.

Members of the Florida chapter of the Armed Citizen Project, which is based in Texas, began advertising the program on fliers in the Sunshine Gardens neighbourhood near Orlando. The neighbourhood is about 40 kilometres south of Sanford, a city thrust into an international debate about self-defence and race after neighbourhood watch volunteer George Zimmerman killed Trayvon Martin, an unarmed 17-year-old.

Zimmerman says he shot the teen in self-defence and was cleared of all charges in Martin's death.

Ron Ritter, president of the Armed Citizen Project of Florida, said Wednesday that new owners of the donated guns will have to pass a background check and complete gun-safety training.

"It's not one of those things when we hand a gun to someone and don't hear from them again," Ritter said. "We're going to keep in touch if someone is receiving a donation." THE ASSOCIATED PRESS

Alaska

Apple Maps app directs drivers to runway at airport

A glitch in the Apple Maps app on newer iPhones and iPads guides people up to a runway at a major Alaska airport instead of sending them on the proper route to the terminal, an airport official said Wednesday.

The map actually stops at the tarmac, but twice this month, wayward drivers have continued across an active runway.

There were no injuries in either incident because they both happened early in the morning, between flights. THE ASSOCIATED PRESS

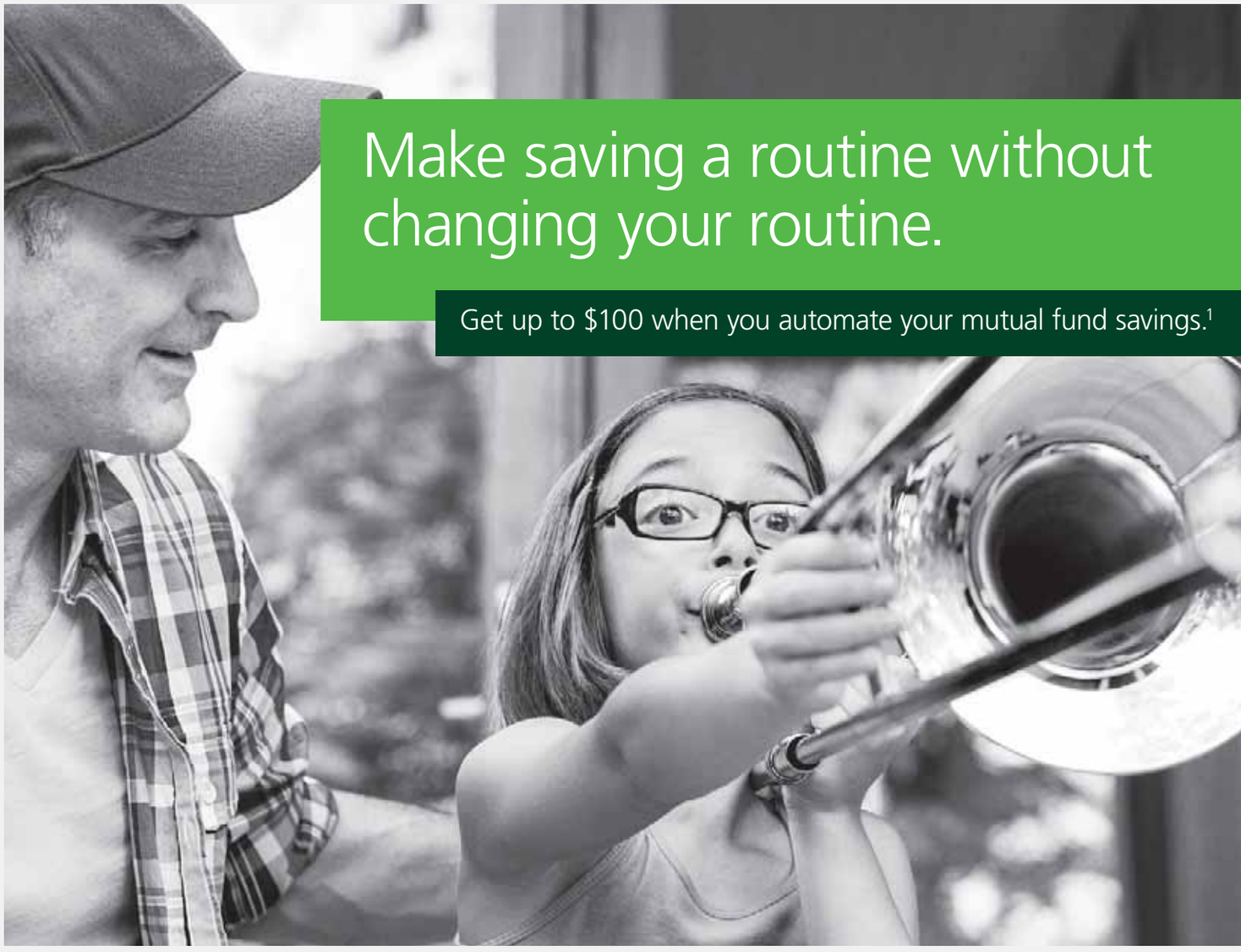
Los Angeles

California minimum wages to take a hike

Calling it a "matter of justice," Gov. Jerry Brown put his signature on a bill Wednesday that will hike California's minimum wage to $10 an hour within three years.

The increase is the first to the state's minimum wage in six years and comes amid a national debate over whether it's fair to pay fast-food workers, retail clerks and others wages so low that they often have to work second or third jobs. Brown called the bill long overdue.

THE ASSOCIATED PRESS



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Heroin woven in rugs by cheap labour: Police

Heroin, ephedrine, ecstasy, cocaine. Joint investigation begun in 2010 nets 76 charges in international drug bust

More than a dozen kilograms of heroin woven into carpets shipped to Toronto's airport are among the drugs seized by police and border agents, who say they have interrupted an international trafficking ring.

Eleven people, mostly residents of the Greater Toronto Area, are facing 76 drug charges in the investigation that police have dubbed Project Infinity.

The joint investigation between provincial and Toronto police as well as the Canada Border Services Agency began in June 2010, when border services agents at Pearson airport found 15 kilograms of heroin hidden inside 27 carpets that arrived from Pakistan.

Police say heroin was woven into carpets. HO/OPP/THE CANADIAN PRESS

The drug had been put into the main support strands and the carpets were woven around them, likely by people who were paid almost nothing for their labour, police said.

"In 35 years on the OPP I've never ever held a kilo of heroin in my hand and I've worked on a lot of investigations," Ontario Provincial Police Commissioner Chris Lewis said.

Police also seized ephedrine, ecstasy, cocaine and opium.

THE ASSOCIATED PRESS

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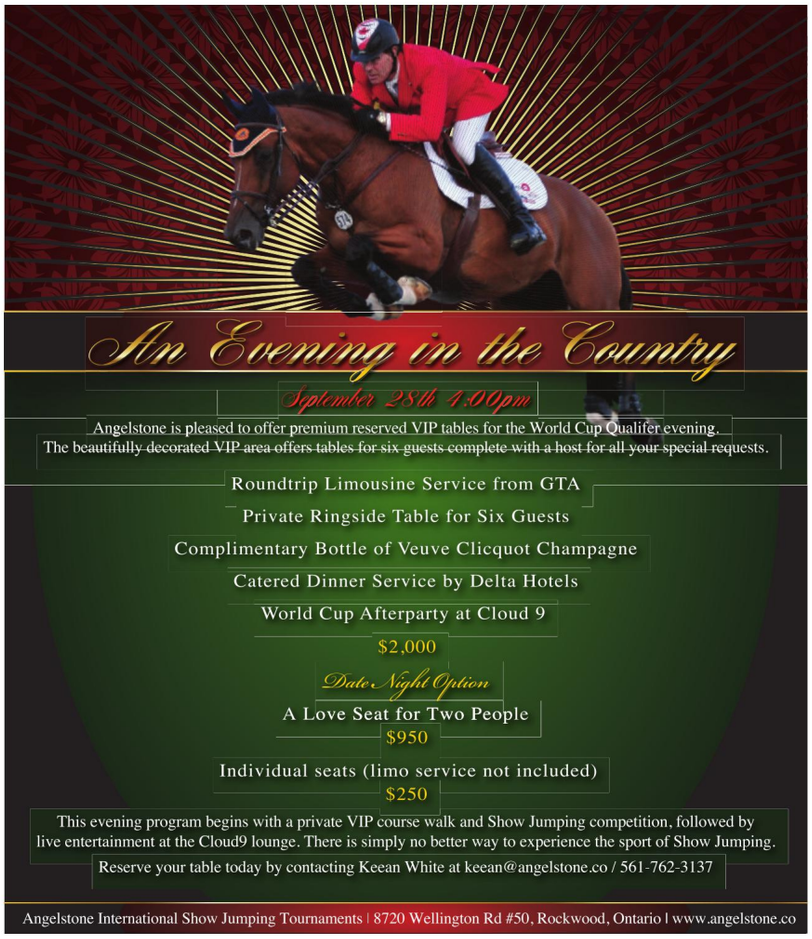
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Outrage. Top French minister won't retract 'Roma go home' outburst

France's treatment of thousands of Roma migrants who have been expelled to Eastern Europe came under new scrutiny Wednesday after an explosive statement from France's top security official.

French Interior Minister Manuel Valls provoked outrage Tuesday by saying the Roma migrants had a "duty to return to their homeland."

And despite a wave of criticism, he refused to back down Wednesday.

Valls said the Roma had failed to integrate and France had no responsibility to them.

"We don't have the obligation to welcome these populations, we need to say it clearly and calmly," he said.

"It is not about stigmatizing a population, but facing the truth."

John Dalhuisen, Amnesty's Europe and Central Asia program director, offered a different interpretation.

"The Roma have a duty to live in misery. That's how the comments of the interior minister should be translated," Dalhuisen said.

THE ASSOCIATED PRESS

The wanderers

Roma started arriving in Europe from India in the 14th century. There are an estimated eight million in Europe, with the largest population in Romania.

Quoted

"The French minister is discriminating against an ethnic group. It is a breach of the right to free circulation and a breach of other human rights."
Marian Mandache, director of the rights group Romani Criss, speaking in Romania.

Hold the front page!

Security forces shut Muslim newspaper office

Egyptian security forces Wednesday shuttered the Cairo office of the newspaper of the Muslim Brotherhood's political party. They confiscated furniture and documents, the Freedom and Justice daily's journalists said.

THE ASSOCIATED PRESS

Pakistan strike

Church attack heralds arrival of new threat

A Sunni group has emerged as a dangerous new player in Pakistan. It sent suicide bombers this week to detonate themselves inside a church. Eighty-five people died.

The group, Jundallah, said it targeted Christians to avenge the deaths of Muslims killed by U.S. drone strikes.

THE ASSOCIATED PRESS

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Syria bombshell. Rebels split, call for Islamic law

Nearly a dozen of Syria's powerful rebel factions turned their backs on the West on Wednesday.

They broke with the main opposition group in exile and called for Islamic law in war-torn Syria.

The split deals a severe blow to the Western-backed coalition fighting President Bashar Assad and gives him fuel for his long-stated contention that his regime is battling Islamic extremists.

It's a momentous public rejection of the Turkey-based Syrian National Coalition — the political arm of the Free Syrian Army rebel group — that has long been accused of being a puppet of the West.

"If the groups involved stand by this statement, I think this could be a very big deal," said political analyst Aron Lund.

"It basically means that some of the biggest mainstream Islamist forces within the so-called FSA are breaking up with the political leadership appointed for them by the West and Gulf states, to cast their lot with more hardline and anti-Western Islamists." THE ASSOCIATED PRESS

A Free Syrian Army fighter holds his son in the Syrian central province of Hama on Wednesday. THE ASSOCIATED PRESS

Toronto link

Ali Mohamed Dirie, a member of the "Toronto 18" terror plot to attack Canadian institutions, has died fighting in Syria, Torstar News Service has confirmed. He was released from prison in 2011.

Water everywhere … except at home

Dry humour? It's the rainy season and there's flooding in Dakar, Senegal … but there's no water running from the taps

Would you believe it?

It's the rainy season in Senegal and the capital city, Dakar, is dealing with major flooding.

But…

For nearly two weeks, Dakar residents have bathed in the ocean, dug makeshift wells along the beach and waited in long lines for distribution trucks.

Water is no longer running from the taps.

Officials blame it all on faulty equipment.

The situation is so bad that President Macky Sall decided Wednesday to cut short his visit to the United Nations General Assembly to return and address the problem.

As they waited on Yoff Beach for young men to fill plastic basins with water from wells dug in the sand, residents said Sall had better act fast.

The volunteer operators of the wells, made of stones and spare tires, said they were pumping out water for thousands of Dakar residents from 5 a.m. to midnight every day.

"Every day on the radio they say the water will be coming back soon, but the problem still isn't fixed," said 36-year-old Samb Gueye, who brought 10 basins to the beach so her family would be able to cook, clean and bathe.

"I don't know what we'll do if this continues." THE ASSOCIATED PRESS

Thirsty work: Residents carry home basins of water collected from beach wells on Wednesday. REBECCA BLACKWELL/THE ASSOCIATED PRESS

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How to land a billionaire: Berlusconi's girl

Rome. Girlfriend of Italy's former PM has supported the politician through convictions for tax fraud and paid sex with a minor

Here's one way to land a billionaire: Silvio Berlusconi's 28-year-old girlfriend says she courted the 76-year-old former premier relentlessly until he finally surrendered.

Now she's just waiting for him to agree to marry her.

In an interview published Wednesday in the Italian edition of Vanity Fair, Francesca Pascale described two years of pain and jealousy as Berlusconi responded to the failure of his second marriage by throwing lavish "bunga bunga" parties for young women.

Pascale said she met "B," as she calls him, in 2006 while working for his political party, although she had him in her sights long before.

"He completely rejected me," she said of her initial volley. "But mine is an unending courtship. It's still going on today."

Pascale professed her love for him in 2009. By then they were close, but she said they never spent time in private together because he was still married.

"He told me: 'Don't even talk about it, you're too young, I can't give you the future you deserve,'" she said.

Finally her persistence paid off; she said Berlusconi gave her a diamond ring on Christmas 2011.

THE ASSOCIATED PRESS

She's unrelenting

"I sought him out, I courted him, I made him fall in love and I made him my boyfriend.... Practically, I've done everything: He only has to say yes."

Francesca Pascale, Berlusconi's girlfriend

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Insurance renewals are an opportunity to save money

Shopping around can put more money in your pocket.

Insurance renewal time provides drivers with the perfect opportunity to make sure they're getting the best deal on car insurance. While drivers can shop around any time for quotes, there are several good reasons why renewal is the perfect time to compare current policy with what's available elsewhere.

Renewal rate increases – the thing that most often sends drivers in search of new insurance quotes is finding a rate increase on their renewal. Rate increases can happen for a variety of reasons; a ticket or accident on record, the insurance company may have made rate changes to your policy in particular, or there may have been a general rate increase to all of the company's policies. No matter what the reason, seeing rates increase is a good sign it's time to shop around.

Benefits of switching on renewal – when choosing to shop around and potentially switch to a new insurance company on renewal date, drivers save themselves more than just the difference between policies. Firstly, insurance companies often charge penalties for cancelling a policy in the middle of the policy term. Some companies don't charge a penalty but will use a system called short-rating in which the money refunded may not be the fully pro-rated amount the policyholder should get back. This is another way of penalizing for ending the policy before the term for which it was rated. When switching to a new company on renewal date rather than renewing an old policy, risk of penalties or short-rating are avoided.

In addition to avoiding the penalties of early cancellation, you also make it easy on yourself when you change companies on renewal. You will simply pay the new company rather than renewing with the old. This keeps your payments steady and right when and where you expect them and have planned for them in your budget.

When to start shopping around – a few weeks prior to renewal date, a new policy will be sent out. As soon as that information is received, start comparing quotes. You will know exactly what coverage you're receiving now in order to get quotes for the same level of coverage. By comparing apples to apples on coverage, you can be certain that a lower rate really is a better deal, and not just lower because the coverage is lower. Shopping around right when your renewal paperwork arrives also gives you the most possible time to make a decision on whether to continue with your current company or switch. Quoting sites like InsuranceHotline.com make it easier by comparing rates against over 30 insurance companies.

Not ready to switch – while renewal offers a great opportunity to shop around, that doesn't mean you have to switch then. If you don't find a better deal at renewal time, you can still go back and look at rates in the future. Shopping around doesn't mean you have any obligation to switch insurance companies, so if you decide to stay where you are you haven't lost anything.

Just got my insurance renewal... what the Beep?

Get cheap car insurance rates today by visiting InsuranceHotline.com. Compare insurance quotes from over 30 insurance companies and save hundreds, even thousands.

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A copy of the Italian edition of Vanity Fair magazine featuring Silvio Berlusconi and his girlfriend. THE ASSOCIATED PRESS

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Shining a light into the dark world of sexual exploitation

This Is My Story.
Program offers help for victims of what experts say are under-reported cases of human trafficking in Toronto

JESSICA SMITH
jessica.smith@metronews.ca

One of the girls on the video says she grew up in an upper-class family in the Beaches and met her future pimp at the Bloor-Yonge subway station on her way home from Canada's Wonderland.

"I was going down the stairs and he called to me, like so many of these men do," she tells the camera. She's volunteered to put her face on screen, but most of her hair is covered in a knit hat and her body is hidden in a baggy grey sweatshirt. "To me now that would be so unflattering, but at 14 it was, 'Wow, attention, this person wants to talk to me.'"

The video, titled This Is My Story, was created by the PROS (Providing Resources, Offering Support) program at All Saints Community Church. In it, four youth tell their stories of being trafficked in the sex trade. Their backgrounds are mixed in terms of race, gender and income.

That first girl had low self-esteem — her pimp preyed on that when he flirted with her and not her friends, making her feel special and manipulating her until she ended up working for him as a child prostitute.

Another was homeless and needed a place to go. A third said her controlling boyfriend pressured her into it. The fourth was seeking refuge from an oppressive family.

PROS offers services to women and girls who have been victims of human trafficking, which, when it relates to sex work, is called commercial sexual exploitation. PROS runs a drop-in centre and the Toronto Police Service refers human trafficking victims to PROS for help.

Jolene Stowell, a social worker and head of the PROS program, is building a body of research about commercial sexual exploitation by conducting interviews with sex workers aged 16 to 26. So far, almost 100 have participated. The majority reported they were first "turned out" as prostitutes when they were 12 to 14, she said.

"We identified that the school is the best place to reach these kids because a lot of youth are still at home — whether their home is with their family or they're in foster care, or whether they're living in a group home — they're still in school," said Stowell. "They're being lured and they're being groomed and they're becoming entrenched in commercial sexual exploitation and they're still going to school."

Toronto Catholic District School Board superintendent Rory McGuckin said the Toronto Police and PROS approached the board in November 2012, offering to educate students about human trafficking. The superintendents didn't think human trafficking was a problem in their schools, but agreed PROS would give a talk to its social workers.

Jolene Stowell, head of the PROS program, in front of the drop-in centre she runs.
JESSICA SMITH/METRO

However, shortly after the first meeting, a parent came to the principal at St. Martin De Porres to say a student was involved in or threatened by human trafficking. So in February the board asked PROS to make a presentation directly to the students, educating them about pimps and prostitution.

"The principal of the school did indicate that he thought it was a very beneficial presentation, given the urgency of the need at that point at that school," said McGuckin. "He felt it was well-timed and it really was at the level of the students in the classroom."

A spokesperson for the Toronto District School Board said its partnership with PROS is still in development.

Const. Jennifer Nantais co-ordinates the TPS school resource officer program and has been working with PROS to get their presentation before students. She said commercial sexual exploitation of young people is under-reported, but there are kids in the school system involved.

"I would think at almost any school there are kids at risk," she said. "It's not just priority neighbourhoods."

"We know that for someone to exploit and abuse a youth, they have to have a way in," said Stowell. "Often, young girls identify their trafficker as their boyfriend, as someone they care very much about, who grooms them into having sex for money."

While there are many things that can make a young person vulnerable, such as poverty or homelessness, that doesn't mean the kids are at fault, she said. Stowell likens the manipulation to an abusive relationship, but worse.

"Whatever he or she is missing, they fill that void and they create that dependency," she said. "I hate to give pimps any credit, but they are skilled manipulators."

It's typical for a pimp to cut the youth off from friends and family outside of the sex trade and surround them with other players, normalizing sex work.

The PROS presentation also explains two "protective factors" that will make a young person less vulnerable to a pimp: a sense of community belonging and self-esteem.

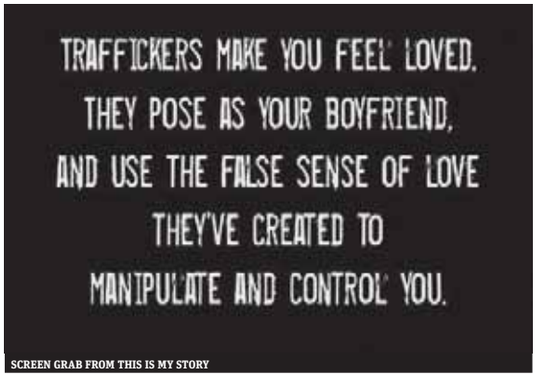
"We can try and give them a heads-up," she said. "Here are the tricks that happen, here are the games that these guys will play. Then they can begin to recognize it — red flags going off."

The girl on the video said some of her friends picked up on something going wrong in her life and even told their parents, but no one stepped in to stop it.

"In the community that I grew up in, it's very hush. The lack of education about what goes on in Toronto. People always think sex trade, they think of Thailand or they think of the islands, or they think of the Congo, but it's happening right here, in Toronto, every day."

Quoted

"I think kids have to know what they're looking for if they're going to stay away from it."
Jolene Stowell, head of the PROS program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AND USE THE FALSE SENSE OF LOVE
THEY'VE CREATED TO
MANIPULATE AND CONTROL YOU.

SCREEN GRAB FROM THIS IS MY STORY

In their own words

"He would do really nice things for me, and take me out for dinner a lot, go away to Niagara Falls ... That changed rather quickly. I think because I had that false sense of love ... I trusted him. He would say things like girls have it so easy, they could just do this to make money. And then it became, you could do this for me." Young woman whose boyfriend pressured her into sex work

"For me, street working and sex working was — I didn't really have any value in myself, I didn't see myself as having self worth or see myself as anything important. It was more about how to survive that night." Young man who grew up in a dysfunctional family, living on the street at age 16

"It's all about softening every kind of word.... It's about wrapping your finger around someone. It's so manipulating. I didn't know what I was going to do. I think he was going to take the money and I just let him take it. It was really scary, I just didn't know what he was going to do." Young man who ran away at 14, was picked up on Church Street and became an escort

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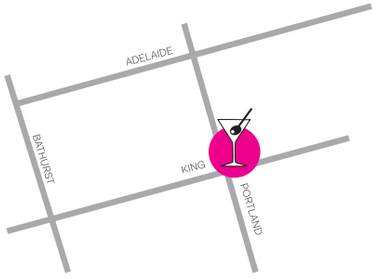

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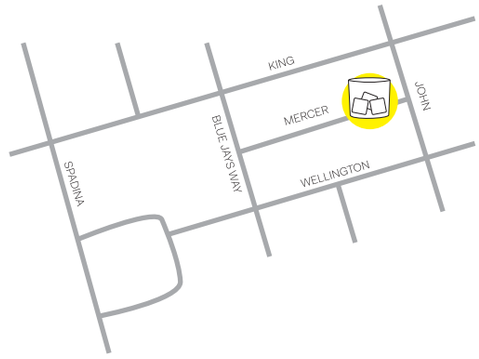

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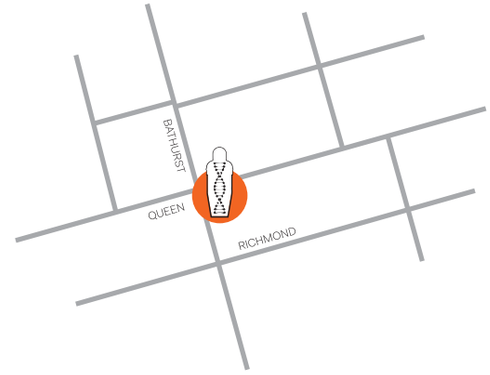

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Smuggling confession fishy to prosecutor

Peru. Guilty pleas by two U.K. women charged as drug mules may be denied; the pleas would lessen their sentences

Peruvian prosecutors said Wednesday that they consider unacceptable the guilty pleas of two young British women caught trying to smuggle 24 pounds of cocaine to Spain in their luggage.

Prosecutor Juan Rosas said that he will ask for a new hearing to give Irish-born Michaella McCollum and Melissa Reid of Scotland the chance to offer a more complete confession. The women pleaded guilty Tuesday to drug-trafficking charges. If the plea is accepted, they face six years and eight months in prison without possibility of parole. Otherwise, they would go to trial and face a minimum of eight years.

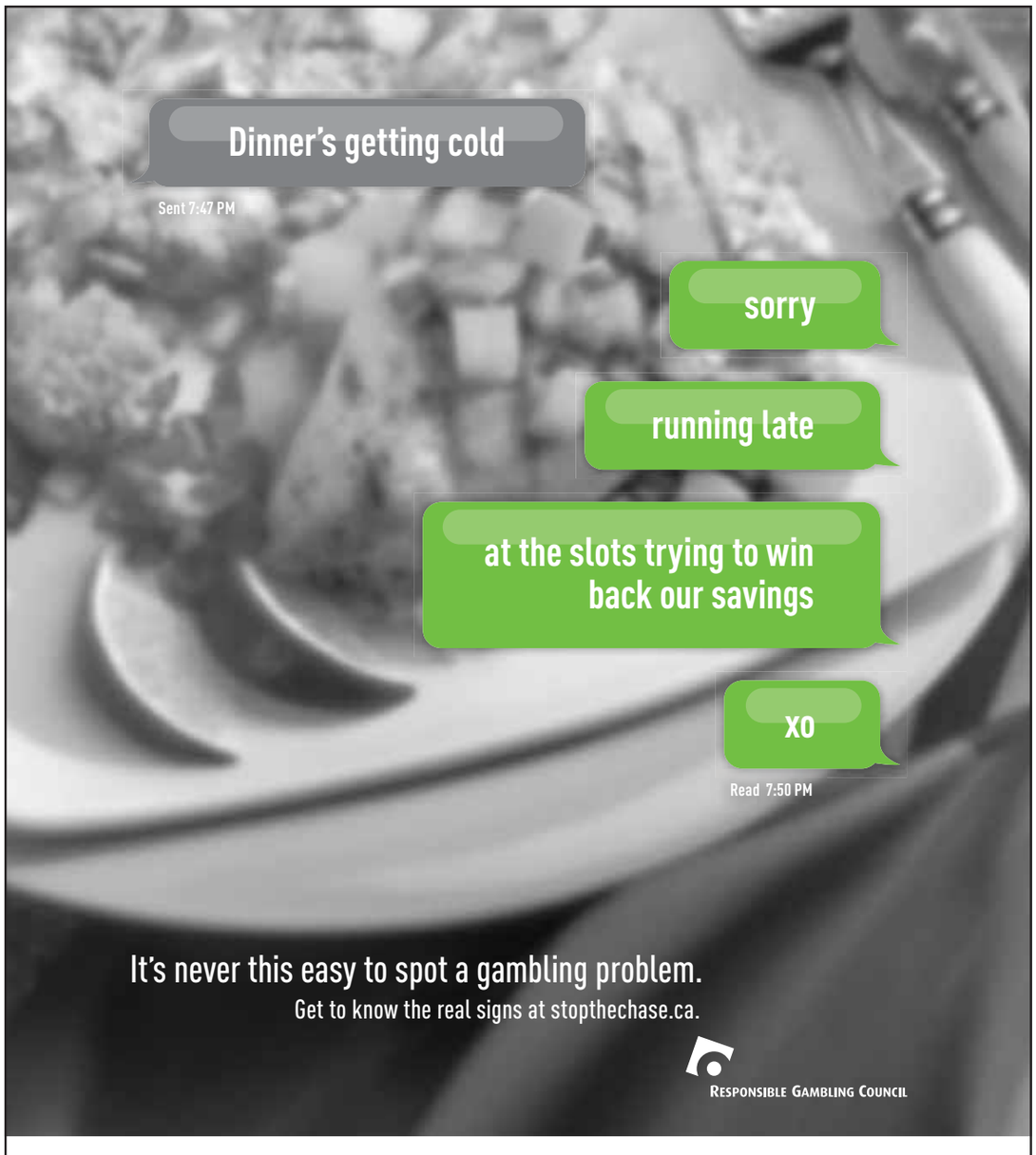
Rosas said that the women, both 20, need to explain why they had claimed they were coerced by a gang of armed men. THE ASSOCIATED PRESS

Coerced to spirit cocaine out?

"If they stick to that unbelievable story the prosecution is not going to allow them the benefit of a guilty plea."

Peruvian prosecutor Juan Rosas

Melissa Reid and Michaella McCollum of the U.K., both 20, under arrest on drug charges in Lima, Peru. RODRIGO ABD/THE ASSOCIATED PRESS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The Jean Tweed Centre 416-255-7359

Human trafficking case

Accused exploited victims as young as 14: Crown in B.C.

The Crown says a man accused of human trafficking lured 11 young women into prostitution by offering them a glamorous life of drugs, booze, and a chance to live in downtown Vancouver.

B.C. Supreme Court was told that Reza Moazami, 29, recruited girls to have sex for money. THE CANADIAN PRESS

Landis, Sask.

Oil spill a few hundred metres from a village

Hazardous material crews were cleaning up oil spilled from a Canadian National train that derailed close to a small community in western Saskatchewan Wednesday.

RCMP said 17 rail cars — some carrying flammable petroleum, ethanol and chemicals — came off the tracks near the village of Landis, west of Saskatoon. THE CANADIAN PRESS

Euthanization of stray dogs ruled legal in Romania

A man holds Lucky, a stray puppy he rescued, during a protest against stray-dog euthanasia. The protest took place outside the parliament in Bucharest. Romania's constitutional court has ruled that a bill on euthanizing stray dogs is legal, weeks after a four-year-old boy's fatal mauling in Bucharest prompted the government to bring forward legislation allowing the killing of strays.

VADIM GHIRDA/THE ASSOCIATED PRESS

Nairobi attack puts spotlight on mall security around the globe

Retail. Industry worries that increasing measures to keep shoppers safe will just scare them away

Some malls around the world have been scrambling to add security guards to look for suspicious people following a deadly attack on a shopping centre in Nairobi over the weekend. But for other malls, it's been business as usual.

The mixed reactions by malls across the globe isn't unusual in an industry whose security efforts vary from unarmed guards in most shopping centres in the U.S. to metal detectors and bag searches in places like Israel to main entrances that resemble airport security lines in India.

The disparity offers a glimpse at why any moves following the Nairobi incident to increase mall security in countries that have less strict procedures aren't likely to last: The industry continues to struggle with how to keep shoppers safe without scaring them away.

"No one wants, when you go shopping, to be strip-searched, to be interviewed in a room by a security guard," said Simon Bennett, director of the Civil Safety and Security Unit at the University of Leicester in England. "That might be acceptable in aviation, but it is not in commercial retail."

Security concerns come after al-Shabab militants, wielding grenades, took control of Westgate mall in Nairobi, Kenya.

In the U.S., the International Council of Shopping Centers, a trade group of shopping centres representing about one-third of retail space globally, said the U.S. government's Department of Homeland Security is reaching out to corporate security at all malls.

"No one wants, when you go shopping, to be strip-searched, to be interviewed in a room by a security guard."
Simon Bennett, director of the Civil Safety and Security Unit at the University of Leicester in England

The International Council of Shopping Centers says malls around the world are beefing up private-security personnel or bringing in more off-duty police officers after last weekend's attack on an upscale mall in Nairobi. GETTY IMAGES FILE

At the same time, the group said some of the malls in the U.S. and South Africa are beefing up private-security personnel, while others are bringing in more off-duty police officers. Mall of America, the biggest U.S. mall, added extra uniformed security officers and stepped up other measures, but officials at the Bloomington, Minn.-based mall declined to elaborate. "We will ... remain vigilant as we always do in similar situations," said spokesman Dan Jasper. THE ASSOCIATED PRESS

Ousted AlarmForce CEO files $11-million lawsuit

Joel Matlin TORSTAR NEWS SERVICE FILE

The recently ousted CEO of AlarmForce Industries has filed a wrongful-dismissal lawsuit against the home-security firm he founded 25 years ago.

Joel Matlin, who was at the company's helm since its inception in 1988 and often the voice and face of AlarmForce in ad campaigns, claims he was dismissed without cause or notice, which goes against the terms of his contract. He's also asking for punitive and aggravated damages because of the way the firing was handled.

"The bad faith manner of termination above has caused Joel to suffer additional mental distress, damage to his reputation, and aggravated damages beyond his contractual damages for wrongful dismissal," the statement of claim says.

It says a press release issued on July 23 by AlarmForce "implies some impropriety or blame on Joel's part, and is damaging to his reputation."

The press release said that Matlin's employment as president and chief executive had been terminated by the AlarmForce board of directors following a strategic review of the company. It said Matlin would continue to serve as a director, although he later resigned the position.

None of the allegations in Matlin's suit has been proven in court and may be challenged by the company. AlarmForce was not immediately available for comment.

The $11.3-million claim includes $1.3 million for wrongful dismissal and $10 million in damages. He also wants AlarmForce to acknowledge he was wrongfully dismissed.

Rally the shareholders?

- Joel Matlin has previously said he plans to rally shareholders to reinstate him through a proxy vote. Matlin declined to comment Wednesday on any plans to get his job back.

Matlin, 65, said in the statement of claim that he was terminated ahead of a meeting to present his new vision for the company to the board of directors, and forced to leave the building without being given time to collect his belongings.

The suit also claims several of Matlin's family members working at AlarmForce were suspended and then terminated because of their relationship with him.

Those included his son, who was fired upon his return to work following two weeks of paternal leave, the suit said. THE CANADIAN PRESS

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Offline. 1 in 7 don't use Internet, survey finds – and they like it that way

The Internet has become so entwined in Americans' lives that many might have trouble coping without it. But a new survey found that some 15 per cent of Americans — about one in seven — don't use the Internet at all. Most of them prefer it that way.

The study released Wednesday by the Pew Research Center's Internet and American Life Project also found that another nine per cent of U.S. adults only use the Internet when they are not at home. Adults with lower levels of income and education, as well as blacks and Hispanics, are significantly more likely to rely on Internet access outside of their home, in libraries, at work or elsewhere.

Of the people who don't go online, only eight per cent want to. The rest said they are not interested. Nearly everyone who goes online has broadband access, the report found.

Only three per cent of people who use the Internet do so using a dial-up connection.

Folks who want online

8%

Of the people who don't go online, only eight per cent want to, the poll found.

Internet use has increased steadily since Pew began doing the survey. In 1995, only 14 per cent of Americans said they went online. By 2000, half were online and by 2007, three-quarters.

As in previous years, age, income, education level and race have a lot to do with who is and isn't online. Forty-four per cent of people 65 or older are not online, compared with two per cent of those aged 18 to 29. Of people who have not graduated from high school, 41 per cent don't go online, compared with four per cent of those with a college degree.

The survey of 2,252 U.S. adults has a margin of error of plus or minus 2.3 percentage points. **THE ASSOCIATED PRESS**

Montreal subway will get $50M wireless network

Using your cellphone on the subway platform — imagine that. GETTY IMAGES FILE

Mobile infrastructure. Four telecom companies are kicking in to provide commuters with state-of-the-art technology

Montreal's subway system may end up with one the most advanced wireless networks in the world, equipped with state-of-the-art technology that allows commuters to use cellphones, laptops and tablets.

Four major telecom companies jointly announced a $50 million project to provide wireless communications for the Montreal subway, including in stations and tunnels, within seven years.

"The very same high-quality experience that you've been accustomed to above ground will be available underground," said Francois Gratton of Telus, which is co-ordinating the project. Telus, Rogers, Bell and Quebecor's Videotron will share the cost of the project equally.

There are no wireless signals in the Montreal underground, which serves about 900,000 commuters daily. But with the new system, commuters will be able to text, watch video and download music as they travel from station to station.

The network will use the latest wireless technologies, including Long-Term Evolution (LTE) which brings faster Internet service to mobile devices and is used by major wireless carriers to meet rising consumer demand.

"It's going to be one of the first deployments in the world for 4G LTE technology in a 100 per cent underground setting," Gratton said. **THE CANADIAN PRESS**

TTC plans

- The TTC is planning to offer Wi-Fi at two main subway stations later this year, but not underground.

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Technology

Waterloo hub asked to join Google network

A technology business in Waterloo has been selected to join Google Inc.'s Tech Hub Network. Communitech, a hub that provides support to local startups and tech companies, says it has been chosen to receive both financial and technology support from the California-based search-engine giant. **THE CANADIAN PRESS**

Los Angeles

School halts iPad use after hacking

Los Angeles school officials have halted home use of iPads after nearly 300 students at Roosevelt High made quick work of hacking through security so they could surf the web and access social media sites. The Los Angeles Times reports just a week after getting the school-issued tablets, the students discovered they could easily delete their personal profile information. **THE ASSOCIATED PRESS**

Social media

Twitter launches U.S. alert feature

Twitter is launching an alerts feature that lets U.S. users receive emergency notices as text messages. Alerts are available from the American Red Cross, the Centers for Disease Control, the Federal Emergency Management Agency and other federal and local groups. Twitter says alerts will also be marked with an orange bell icon to differentiate them from regular tweets. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR 96.96¢ (-0.11¢)

TSX 12,836.71 (-12.18)

OIL $102.66 US (-47¢)

GOLD $1,336 US (+$19.90)

Natural gas: $3.50 US (+1¢)
Dow Jones: 15,273.26 (-61.33)

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HE SAYS

John Mazerolle
metronews.ca

Are you infatuated? Obsessed over another? Stuck on that powerful drug that is both more and less than love? If you're not sure, check for these key signs:

• Your special someone jumps to mind during songs on the radio, including jingles for toilet cleaner. ("He makes me flushed, too!")

• Something as simple as a Coke bottle reminds you of her. (Or a Coke can; we're body-positive here.)

• They're the last thing you see when you fall asleep and the first thing you see when you wake up, because you're camped outside their window.

One item on this list might be OK, even healthy, but if you do all three then you're probably infatuated.

I'm a longtime expert. Even in Grade 3, I would tell my camp counsellor that I had a crush on her, then coyly explain that I only meant Orange Crush, while making moon eyes at her. (Keeping with the pop theme, I turned a shade of Cream Soda.)

But now, 200 years later, I've realized that infatuation is for kids. It's fun, but so is running around with my arms out making airplane noises. Just because I used to do it doesn't mean I still can, no matter how fun it was.

I had a date last week that went pretty well, but then I got an endorphin rush going, propping me up, up, up ... and had to stop myself on the way to Cloud 9 before I spiralled right out of control. It was a close call, but my survival means I can share these tips:

What's love got to do, got to do with it?: Dealing with infatuation

• Determine whether it's love, infatuation or lust. If it's love, you'll be in love. If it's infatuation, you'll Google advice on whether it's infatuation or love. If you can't tell if you have lust, I can't help you. See a doctor.

• Don't try to "accidentally" meet them. Though meet-cutes are a Hollywood staple, in real life, showing up unannounced at a construction site, airplane cockpit or reactor core is often more trouble than it's worth. If you must, send a Facebook wall message and ask if they're aware of any federal laws and statutes surrounding trespassing at their workplace. Finish with a winky face!

• Remember a good relationship is a partnership. E.g. If you know the names of the children you're going to have with your new acquaintance/future spouse, then write a list and allow them to choose from several of your ideas. Watch their eyes widen as they come to appreciate what they've found in you.

• Bonus tip for infatuees: Occasionally somebody will be infatuated with you! If that happens, the other person may be very vulnerable and easy to manipulate. That's when you pounce — for a better world. Bite your bottom lip and whisper, "What I'd love is a man/woman who will lobby city hall for a curbside recycling program," or "It'd be so hot to see you and all your friends donate blood."

And those are my tips, gentle readers. I hope you found them helpful. If you need anything else from me, remember I'll be right here — on Cloud 5.

ZOOM

The veiled, unveiled in photos

LYNSEY ADDARIO/NATIONAL GEOGRAPHIC

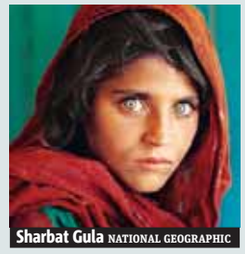
125 years marked with iconic images from mag's archives

National Geographic is celebrating its 125th anniversary with a special photography edition that features the most iconic images from the magazine's history. Pictured is a scene from Afghanistan in 2010: Pregnant Noor Nisa, 18, and her mother wait to be driven to hospital, where Noor would give birth to a baby girl.

The issue features National Geographic's most famous photo — the piercing green eyes of Sharbat Gula, a 13-year-old Afghan girl in Pakistan's Nasir Bagh refugee camp, pictured on the right — which appeared on the magazine's June 1985 cover.

The girl's identity was unknown for 17 years until she was tracked down in 2002. The image was originally placed in the reject pile before being rescued.

METRO



Sharbat Gula NATIONAL GEOGRAPHIC

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I know how it is. You got home last week with your shiny new copy of GTA V, only to power through it at a tragically swift clip — unable to keep your enthusiasm in check. Well, luckily a lack of gaming self-control is one of the many things your smartphone can paper over for you.

CONTRIBUTED

Puzzle & Dragons:

The kids in Japan are losing their minds over this fantasy puzzler, and for good reason. The mechanics are much deeper than anything most match-three games have ever dreamed up and you get to collect monsters. Sold! Well, not sold, actually. It's free. (iOS, Android/Free)

Heroes of Loot:

An old-school roguelike dungeon crawler that sends you into the depths to wipe out an unending onslaught of monsters. Like most roguelikes, there's no real endgame to conquer except securing some real estate near the top of global leaderboards. (iOS, Android/$1.99)

Slender Rising:

The spooky Slender Man series is the star of countless Watch My Roommate Get Scared YouTube videos, but if you've never tried one of the games, this is the best place to start. Work your way through creepy forests and playgrounds, piecing together the story behind the titular character. Of course, you're being stalked by him the entire time and if he snares you, you're going to lose. (iOS/$2.99)

Twitter

@metropicks asked: One four-legged friend helped his owner curb a crack habit. How does your pet help you improve?

@Cazzy: Teaches me how to clean up for when I have kids.

@Idanielledoiron: My alarm didn't go off this morning. My cat woke me screaming just in time for me to get to work. Thanks puss!

@Canucklehead_ca: My cat. She teaches me humility and how utterly insignificant I truly am.

@adrienne_kenny: My puppy has taught me to smile and appreciate the little things in life.

@gixxerrider105: after a bad break up my dog forced me to stay motivated. I was really depressed and he kept me going.

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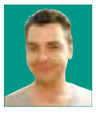
Raise a glass to cocktail week

Toronto events. Celebrate with seven days of mixology and bartender events as the city sips on a touch of class



BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Speakeasies were the go-to havens for anyone looking to imbibe during prohibition. Almost a century later these illegal spaces, born out of necessity, are ground zero for a new kind of drinking culture, one that favours flavour profile and ambiance over the overwhelming need to get drunk.

"We're not talking rye and Coke," says Laas Turnbull, publisher of the Grid, who along with Spirit House and the Toronto Institute of Bartending, started Toronto Cocktail Week, a seven-day celebration of mixology.

The prohibition era is often used as a backdrop; most hip spaces offer more than a passing nod to the era.

In it to win it?

- Judges aren't looking for the fastest barkeep or the best tasting cocktail. They want the best overall drink experience.
- "You have to be sociable and engaging," says Turnbull. "Be present, but not overly intrusive."

If you want to imbibe delicious drinks, like this Manhattan, Toronto Cocktail Week starts Tuesday and runs through Monday, Oct. 7. CONTRIBUTED

But where stiff drinks were once served on the sly, today cocktails are both a craft and an art form, says Turnbull. Take the Manhattan, his personal drink of choice.

"It's only got three ingredients, but it can vary wildly in terms of flavor profile and taste. Very small changes to the proportions and ingredients can have a huge impact."

Mixology is also a competitive skill.

The Hogtown Shakedown, one of Cocktail Week's flagship events, pits 10 of the city's best bartenders against one another.

Drink up

"They take the art of the cocktail as serious as a chef takes food."

Laas Turnbull
Publisher of the Grid talking about competitive bartenders

"There are probably half a dozen really huge cocktail events around the world," says Turnbull.

"Toronto was missing something of that calibre."

Ten semi-finalists were whittled down from an "A-list of every top man and woman bartender in the city."

Contenders submitted original recipes, which were assembled and sampled by a panel of judges. Competitive bartending is a far more complicated field than meets the eye.

"They take the art of the cocktail as serious as a chef takes food."

Two to mix at home

Negroni

Negroni

Glass: Old fashioned
Ice: King cube
Garnish: Orange wheel

- 1 oz Beefeater 24 Gin
- 1 oz Carpano Classico Sweet Vermouth
- 1 oz Campari

Add all ingredients into a mixing glass filled with a ice. Sir and strain into an old fashioned glass with king cube and orange wheel.

Manhattan

Glass: Old fashioned
Ice: Kold-draft
Garnish: Orange zest

- 2 oz Knob Creek Bourbon
- 1 oz Cinzano Sweet Vermouth
- 2 dashes Angostura Aromatic Bitters
- 1 dashes Angostura Orange Bitters

Add all ingredients into a mixing glass filled with ice. Stir and strain into an old fashioned glass over fresh kold-draft ice. Garnish with an orange zest.

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007 turns a new page and goes Solo

James rejuvenated.
Give screen role to Daniel Day-Lewis, says author William Boyd

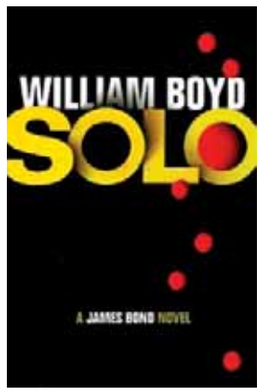
KIERON MONKS
Metro World News

Solo author William Boyd signs the first copies of his book in London.
METRO

After 60 years of supervillains, 007 takes on flower power in Solo, the new novel from William Boyd, officially authorized by Ian Fleming Publications. The book will be released Oct. 8 in North America.

A glamorous launch took place Wednesday at the Dorchester Hotel, London, which features in the novel. The first seven copies were signed by the author and driven by Jensen FF — the spy's chosen car in this edition — to Heathrow airport, where they were dispatched to Amsterdam, Edinburgh, Zurich, Los Angeles, New Delhi, Cape Town and Sydney.

The British award-winning novellist and screenwriter Boyd told reporters he wanted to challenge Bond's conservative attitude in a 1969 setting.



"The earlier novels show the unthinking attitude of a man of his class and era, but as an intelligent man he has to be aware of how society is changing with issues like the Vietnam War and the flower power movement."

Boyd also has his hero break from MI5 — after a feud with Miss Moneypenny — to go solo in his mission to prevent civil war in West Africa. It represents Bond's first appearance on the continent since Diamonds Are Forever.

But the author does indulge "sensualist" tradition, gifting 007 his personal recipe for a dry martini, a 45th birthday party in a casino, and several passionate affairs.

While Boyd has worked on films with three Bonds — Sean Connery, Pierce Brosnan and Daniel Craig — he has another idea for who could play the part in Solo.

"Daniel Day-Lewis resembles the Bond Ian Fleming describes as 'looking like the American singer Hoagy Carmichael.' He fits that image of being tall, rangy, dark-haired, good-looking, which is why I would choose him."

Back to the books

- Solo is the first official Bond novel since Jeffery Deaver's Carte Blanche in 2011.
- Lucy Fleming, niece of creator Ian, said her late uncle would have been thrilled with the new release. "He'd be looking down on us today — or up — with a big grin on his face."

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1. THE ORENDA Joseph Boyden
Giller Prize winner Joseph Boyden returns with a visceral portrait of life at a crossroads in his masterpiece of Canadian historical fiction, *The Orenda*.
Last Week: 4 / Weeks on List: 3

2. THE LONGEST RIDE Nicholas Sparks
Ira and Ruth. Sophia and Luke. Two couples who have little in common, and who are separated by years and experience. Yet, their lives converge with unexpected poignancy in Nicholas Sparks's new novel, *The Longest Ride*.
Last Week: 16 / Weeks on List: 2

This Week		Last Week	Weeks on List
3.	MADDADDAM Margaret Atwood	3	5
4.	THE SILENT WIFE A.S.A. Harrison	1	5
5.	A HOUSE IN THE SKY Amanda Lindhout and Sara Corbett	2	4
6.	NEVER GO BACK Lee Child	5	4
7.	STEVE JOBS Walter Isaacson	11	3
8.	THANKLESS IN DEATH J.D. Robb	20	2
9.	W IS FOR WASTED Sue Grafton	5	2
10.	INFERNO Dan Brown	20	5
11.	THE CASUAL VACANCY J.K. Rowling	10	3
12.	WINTER OF THE WORLD Ken Follett	8	5
13.	GRAIN BRAIN David Perlmutter	15	2
14.	STILL FOOLIN' EM Billy Crystal	14	3
15.	TIME NOW FOR THE VINYL CAFE STORY EXCHANGE Stuart McLean	18	2
16.	THE END OF GROWTH Jeff Rubin	13	4
17.	THE WITNESS WORE RED Rebecca Musser	17	3
18.	LOOPTAIL Bruce Poon Tip	19	2
★ 19.	KILLING JESUS Bill O'Reilly	-	1
★ 20.	DR. SLEEP Stephen King	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 30th
★New this week

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Online Bestsellers. Top 50 are 50% off at indigo.ca

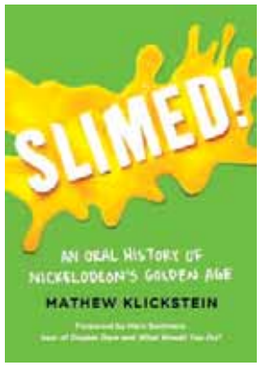
When pre-teen TV made us sail home from school

It was the best of times. A diehard fan makes it his mission to Nick small screen rumours in the bud

Most kids watch Nickelodeon strictly for entertainment. But Mathew Klickstein wasn't most kids.

"I was just always very engaged in what was going on behind the scenes," says the author of the new book SLIMED: An Oral History of Nickelodeon's Golden Age. "I was almost custom-made to do this book."

Growing up, Klickstein was glued to his TV for now-cult-classics like Hey Dude and Salute Your Shorts. His passion



for what he calls the "golden age of Nickelodeon" — roughly 1983 to 1995 — inspired him to "jump through a lot of hoops" to score interviews with some of his favourite TV stars of yore. Now, he even counts many of them, like Marc Summers, friends.

Ironically, Klickstein doesn't watch any television these days, as he thinks the quality has gone downhill since his favourite Nick shows were on.

"You could tell immediately that you were watching Nick," he says. "[Their shows] looked different. They were doing something they just can't do now."

But not all of his feelings about TV have changed.

"I've given up in trying to pretend: My favourite shows were Pete and Pete and Ren and Stimpy then, and they're Pete and Pete and Ren and Stimpy now."

METRO

Four things you didn't know about your favourite Nick shows

It seems as though Sabrina wasn't the only witch on the set. HANDOUT

- **There wasn't much hooking up behind the scenes.** "At the end of the day," Klickstein says, "A: They were just kids who were all being very monitored, and B: Most of these shows were only on for a couple seasons — they were just rerun over and over again in syndication. The Midnight Society [from Are You Afraid of the Dark] did all those intros in a couple weeks, and then they were done. They weren't with each other long enough and they were always being broken up by adults."
- **Kenan & Kel no longer speak.** "Kel was originally Kenan," Klickstein says, in the sense that Kel was originally the more successful of the duo. "Kel sort of shot forward and became a bit of a diva, and suddenly Kenan gets in with Bill Cosby and does Fat Albert, now he's on SNL, so he's the successful one. Kel's doing gospel Christian music now."
- **Melissa Joan Hart has a stage mom.** "Melissa Joan Hart was great — she has the sexiest laugh of anybody I've ever talked to in my life," Klickstein muses. "She and her mom are also very smart in that they own the property to Sabrina [the Teenage Witch] so when they sold that they got Seinfeld-type money. That's why she's doing well — she's able to keep producing because she and mom have a lot of money. Everyone across the board had stories about Melissa Joan Hart's mom Paula — terrible stories. Her name came up so often, she just was a handful for everyone, and a very strange character."
- **There almost wasn't a Salute Your Shorts.** The camp show was deemed "cookie cutter" and "stereotypical" when the first pilot was written. "The original script was so bad that the VP of production, Geoffrey Darby, held it in front of the producer at the time, and said, 'You know what I think about this?' And threw it in the trash. ... And basically they were like 'Please give us another shot.' And so Geoffrey Darby worked them to completely rework the script."

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2013 Report

Where the gifted and born sinners meet

Tour. Rappers Wale and J. Cole, two of hip-hop's fastest rising stars, are set to hit stages across the U.S.

MICHAEL GREGER
Metro World News in New York

Wale BOTH IMAGES GETTY

Wale wasn't satisfied. Already a hip-hop heavyweight with a Grammy nomination and a Soul Train award for 2011's Lotus Flower Bomb, he felt the need to change his sound.

"It was all about making a connection with my fans," said the artist born Olubowale Victor Akintimehin. "This is one sound, very soulful … something a little different."

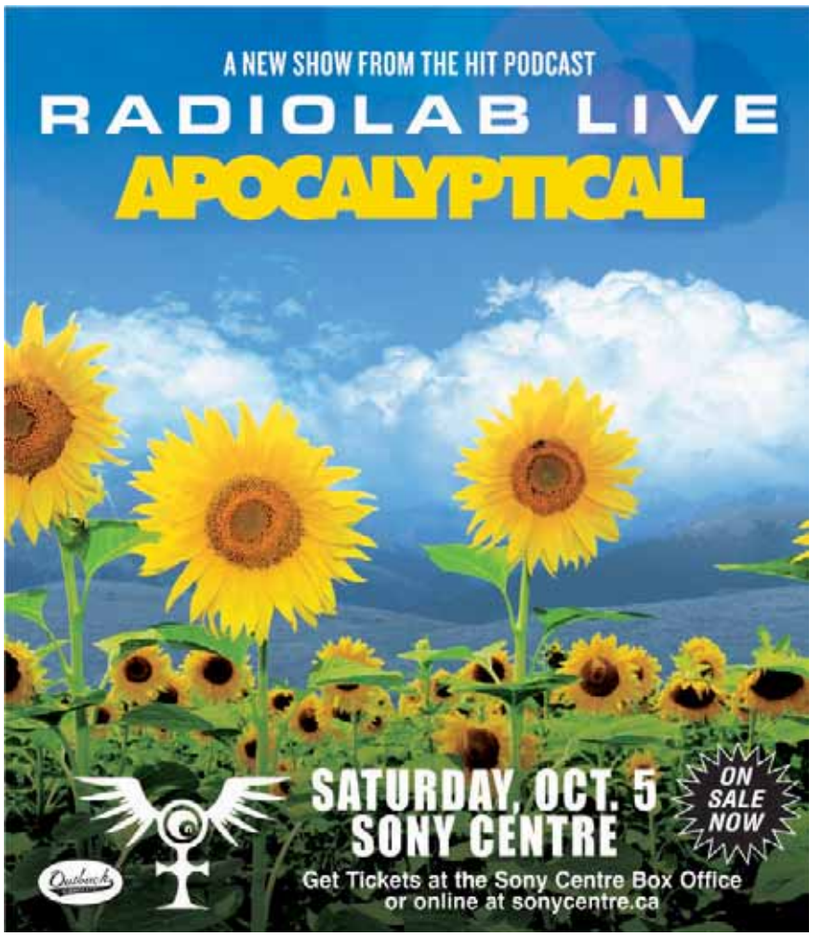
He's seemingly made that connection with The Gifted. The album sold 158,000 copies in its first week.

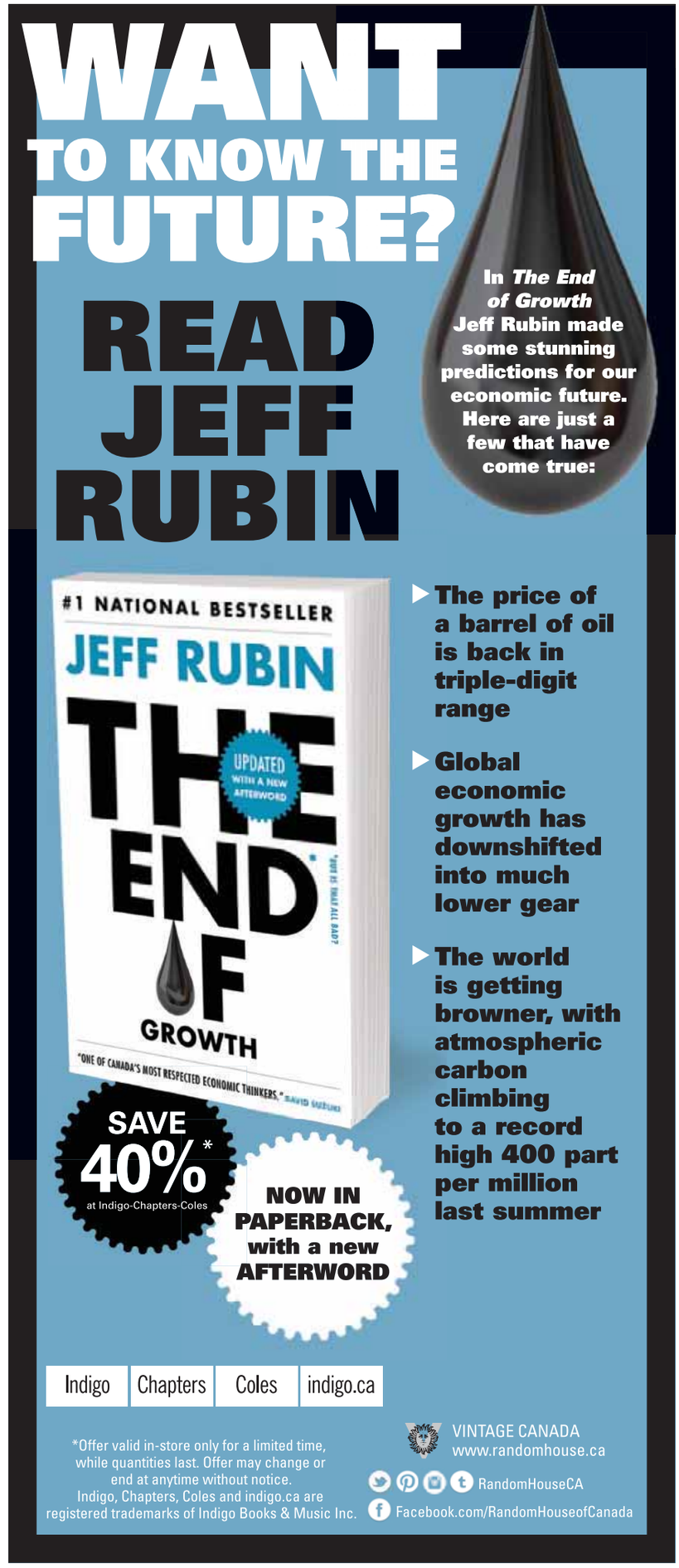
Now the D.C. native is on tour, with J. Cole (the rapper behind the album Born Sinner) along for the ride. "It was long overdue," Wale said, of joining forces with J. Cole. "We used to talk like if we ever got a break, if we ever made it big, we would do this. We put out stuff before, but never on the level we are now."

Although The Gifted reads like a who's who list of the hip-hop world, there is one notable exception: his tourmate, J. Cole. When talk of a collaborative album with Cole comes up, Wale's voice perks up. "Yeah, at some point," Wale said. "That would be a good idea … if time permits."

Sensitive rapper

One of Wale's peers, Kendrick Lamar, caused quite the stir — scratch that, the L.A. emcee put the hip-hop world on notice — last month when he declared himself the best. Lamar put several rappers on blast, including Wale, whom he mentioned by name in a verse on Big Sean's Control. Wale wouldn't comment on the verse. In fact, when the topic came up, he hung up. However, he did note he doesn't really listen to his peers. He keeps his iPod tuned to the greats, like Biggie Smalls. "I listen to the legends," he said. "I try to learn from them. I don't really pay attention to what's going on now."

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The Kings Of Leon: Back in the saddle

Interview. The one-time biggest band in the world returns with Mechanical Bull and talks about their hard partying days and mental breakdowns

RICHARD PECKETT
Metro World News

At the Kings Of Leon's pinnacle even the celibate were singing Sex On Fire. They were rock 'n' roll personified — a multi-platinum fourth album Only By the Night in 2008, lingerie models, and rumoured riders of excess that read like an illicit pharmaceutical shopping list.

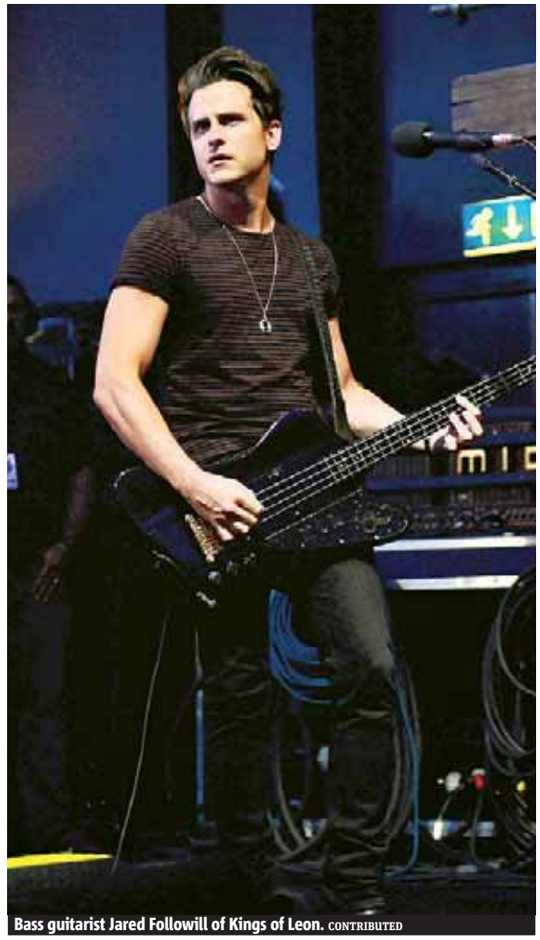
Their 2011 mega-tour should have undisputedly confirmed the Followill brothers — Caleb, Jared and Nathan; and cousin Matthew — as rock's royal family. Instead, it ended in self-inflicted regicide, when frontman Caleb delivered this gutter-style mid-show abdication in Dallas.

"I'm gonna go backstage and I'm gonna vomit; I'm gonna drink a beer and I'm gonna come back out and play three more songs."

He never returned. The tour was over.

But after their two-year hiatus, the Kings are back to reclaim their throne. The Nashville-based band's sixth album, Mechanical Bull, which dropped on Tuesday, certainly seems a return to form, with all the rawness and frank storytelling-lyricism of the band's early albums.

"There's a conscious effort to have a little bit more energy on this album," says bassist Jared, who opens up about childhood rebellion, his LSD trip and riding a mechanical bull — naturally.



Bass guitarist Jared Followill of Kings of Leon. CONTRIBUTED

One more question

On the topic of sibling rivalry, you must have been pretty keen to sleep with as many girls as humanly possible. Did you ever get into any funny situations where you were going after the same girls as your brothers and cousin?

- **Quote.** "No. And I definitely did not try to sleep with as many girls as possible. I wasn't going for the Wilt Chamberlain thing. I'm really weird about that. I have trouble drinking after people, like if someone took a drink of my drink, even if it's full, I usually won't finish it."

It's called Mechanical Bull. Do you have any experience of riding one of those?

A couple. I did one at this party called the Neon Carnival Party in California at Coachella. And I'm pretty sure I'm the only one that rode it correctly with one hand in the air. Everybody else was using two hands and would be like, 'Man, it's so easy. I stayed up there for like 30 seconds.' And it's like — 'because you cheated.'

Did you have a beer in your hand?

Yup. And tequila in my mouth.

Was the hedonism of your early days a rebellion against your religious upbringing?

Probably not consciously but it was definitely like an animal that had been let out of a cage and allowed to roam free. I feel like every single person I know who grew up in the United Pentecostal Church, if they ever get out of it, they go crazy for at least a few years. You'll see them out and they'll either have ridiculous hair or the girls will dress so inappropriately. I don't want to say a word that will get me into trouble, but the girls are completely out there.

Party days

"We did drink a lot but I think that the reason why the meltdown happened wasn't necessarily because of drinking."

Jared Followill
Talking about his partying days

Your love of rock music from the early ages is in stark contrast to the church music. Did it form part of your escapism?

Yeah, it was almost in a sense like when you said earlier "was the hedonism part of a rebellion?" That wasn't so much consciously as maybe rock music felt rebellious to us. Because growing up, we weren't allowed to listen to anything. Our parents would let us listen to music from the '50s and '60s because a lot of the themes were toned down. But we would hear stuff every once in a while. I remember hearing sneak-peeks of Nirvana and stuff at friends' houses and even, like, being a young kid in fifth or sixth grade hearing Oasis or even Bush and people like that and thinking, "Holy shit, that is awesome."

If you hadn't have had that meltdown in 2011, would you have continued with the hedonism or did you need that?

I think at that point, we weren't even that hedonistic. I feel like we just drank. When people talk about our drug days, they think, "Oh my god, those guys were doing drugs constantly!" and we really weren't. I wouldn't say we had never done a drug or anything like that — obviously we smoked weed and stuff. Even in 2011, we did drink a lot, but I think that the reason why the meltdown happened wasn't necessarily because of drinking.

MGMT: forever being misunderstood. CONTRIBUTED

The psychedelic rockers want you to see them as they are

Interview. Their self-titled third album is a statement of self identity: they're undefined and intangible

RICHARD PECKETT
Metro World News

MGMT's Andrew VanWyngarden and Ben Goldwasser never wanted to be famous. But quirky poppy zingers like Kids, Electric Feel and Time To Pretend from their debut 2007 album Oracular Spectacular made them household names, especially after being featured in movies such as 21, TV shows like The Voice and a Nokia ad. It was like their psychedelic private art house jamming session had been crashed by an accidental open Facebook invitation.

Rather than embrace the masses, the Brooklyn-based duo stoically continued with an ever more zany second album, Congratulations, in 2010. Indeed, the early days of face paint, hippy headwear and neon accents were discarded in a now forgotten fancy-dress box — and Kids was no longer on the set list.

This apparent fan neglect reads as anti-commercial label career suicide; MGMT's paradoxical style can seem frustratingly hipster but they, as self-indulgent as this sounds, are out to please themselves. The 30-year-old rockers are in an enviably privileged position with the backing of a major label (Columbia), free to satiate their musical whims — something they've taken into their self-titled third album MGMT.

You said that your music has been misunderstood in the past. Is this album about reestablishing your identity?
I feel like we're presenting ourselves in the way we'd like to be seen. I think it's a little strange to us that people want to impose a narrative on us as a band. We're not thinking too much about what our image is or what we'd like to be known for.

One more question

What do you dislike about pop culture?

- **Quote.** "I don't want to say that I dislike it. It has its place, but I think there's room for a little more subtlety in pop culture. It's really strange for us as a band because we've been accepted by mainstream culture kind of by accident. But we also draw so much of our inspiration from underground stuff that never reached the mainstream."

Your music is often described as paradoxical. Is it important for you to create something that's intangible or ineffable?
I think in a lot of ways music is always about the intangible. I think our album is music that a lot of people could get into, potentially. We're not trying to scare or be intentionally experimental, but also I don't think you want to be known only as a band who writes quirky pop songs.

You get a lot of criticism for alienating your fans but you've got nearly four million Facebook likes. Do you find it frustrating that critics and people keep harking back to the days of Time to Pretend and Kids?
It's frustrating; we've never intentionally alienated anybody.

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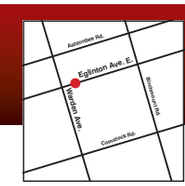

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He has the right to remain funny

Joe Lo Truglio. The State alum talks about joining Brooklyn Nine-Nine and working with Andre Braugher

MATT PRIGGE
Metro World News

Chelsea Peretti, left, Stephanie Beatriz, Terry Crews, Andy Samberg, Andre Braugher, Melissa Fumero, and Joe Lo Truglio make up Brooklyn Nine-Nine. HANDOUT

Joe Lo Truglio has a long history playing the law, as seen on Reno 911!, Paul and an episode of Law & Order where he was cast as Policeman No. 2. He also has a past with ensemble comedy, starting with The State and in Superbad, Role Models and Drunk History. The new Fox show Brooklyn Nine-Nine allows him to do both, as Det. Charles Boyle, one of the bumbling (yet strangely competent) police precinct staffers, alongside Andy Samberg, Terry Crews and Andre Braugher.

How do you balance the detective side of the show with the comedy side?

The characters are good at their jobs, so it was important it looked like we knew what we were doing. The detective work gives us an arena, but it's not the centre ring. The relationships are what's under the big top. I want to talk about the elephant in the room, but I feel like my circus metaphor is running amok, so I'll stop there.

Can you talk about being a part of comedy groups, rather than as a solo performer?

It's way, way, way better than going solo. I've been very lucky. I've had the opportunity to work with an incredible amount of talented people, much more talented than myself. I believe it's why I do good work. I was learning how to collaborate way back when I started with my dear friends in The State. It was a lesson that I've carried into other projects, and I make decisions on jobs based on whom I'll be working with. Brooklyn Nine-Nine wasn't any different.

How is developing a character over a TV show different than a one-off character in a TV episode or in a movie?

It's new, so I'm feeling it out, but I love it. You find new things as you go along. You have the foundation, the basic stuff, then it's kind of like just building wings onto your house. Before you know it, you're in debt, the pool's been untiled for months, the ... this is a terrible metaphor. I should've went with the circus again.

Do you find you have to pace certain character aspects, and do you keep finding new things about your character as the show goes on?

It's a little bit of both. You got to plant the big stuff right out of the gate: He's a grinder, he has a crush on Det. Diaz (Stephanie Beatriz,) he's got no social filter. But then there's stuff that reveals why he has certain objectives, certain goals — romantically, professionally — that need to wait.

Inevitable question: How much of the show is improv?

We have terrific writers. But as (showrunners) Mike (Schur) and Dan (Goor) have said, it's crazy to have the type of funny people this show has and not improv. Most of it doesn't get in, but a surprising amount does.

Professional

On working with Andre Braugher

- **Quote.** "He's everything you'd think: engaging, professional, deeply invested in the work," says Lo Truglio of the star. "But he's funny as hell too. He's an absolute integral part of why I think the show works. And it's because he brings legitimacy to us clowns who are playing detectives. His presence alone helps sell the fact that we're believable as cops. It rubs off on the viewer, I think. If Andre Braugher speaks, you listen, and if he's listening to somebody as if it's important, then you probably will too."

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It may be Always Sunny but there is a method to Philly's madness

Interview. Kaitlin Olson, the only chick in one of the rudest, weirdest, most maniacally funny boys' clubs on TV, speaks up about why it all works

ALEXANDRA CAVALLO
Metro World News

When It's Always Sunny in Philadelphia premiered on FX in 2005, it was a sitcom the likes of which basic cable had never seen.

Crude, irreverent to the point of insanity and unapologetically, delightfully offensive, it didn't seem destined for mainstream fame or long-term success. Now in its ninth season, it's still going strong. Kaitlin Olson, who plays Dee Reynolds, opens up about the show's unexpected longevity.

What was your initial reaction when you first read Dee's character?

You know, I first read scripts and it was amazing. But the characters I was in love with were the male characters. So when they first offered (Dee) to me I said, 'Listen: I definitely love this show, I love the writing, I love these characters that you've developed — except for the girl character.' And Rob (McElhenney) said, 'We absolutely want everyone to be interesting and unique and have their own very specific character, but still be funny.' I'm glad that I trusted him, and that he wasn't lying.

All of the characters are despicable but lovable at the same time.

I don't know why they're lovable! I think it's because they're so ridiculous and so positive of their convictions — which are ridiculous. And I think I've just decided that underneath it all, Dee is just sort of incredibly insecure, and there's something a little vulnerable in that, which is disarming. I think maybe that's why you don't hate her. She's just trying to scratch her way to the top of this little group.

I think maybe it's because you recognize bad parts of yourself in them, but they're so unapologetic that you almost respect it.

That's really interesting, because that also kind of describes Rob's personality, and one of the things I love about him. Rob doesn't apologize for anything. And I think that's definitely written into our show. It's unapologetic, and it's stuff you'd never say, but maybe things that you're thinking. Specifically, the first time we did Lethal Weapon 5 — the whole conversation about the blackface?

I mean, I was just watching it from the monitors, but I was crying. It was so funny to me because they were having a really open, honest discussion about why certain blackface was appropriate.

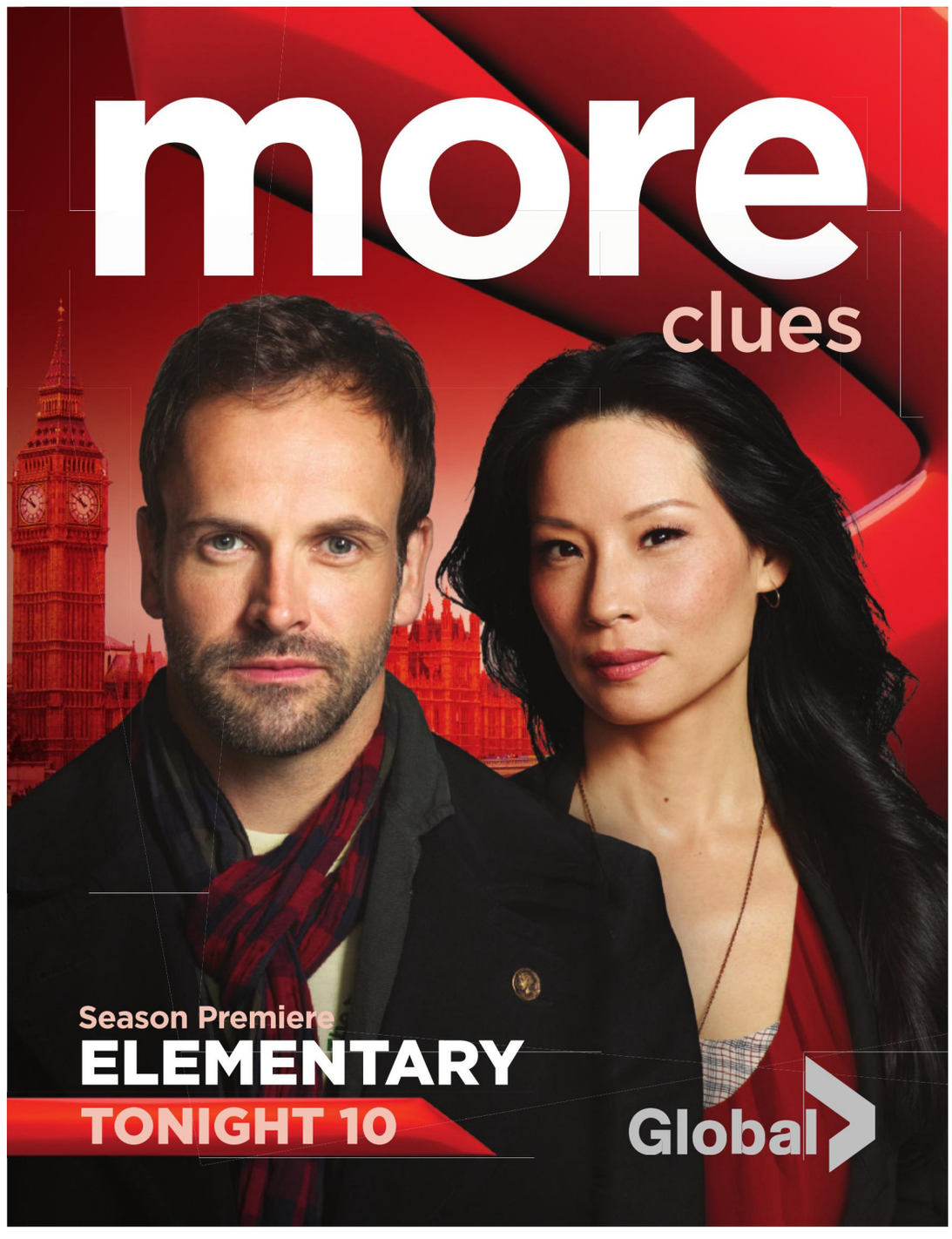
Was everyone shocked when you and Rob got together?

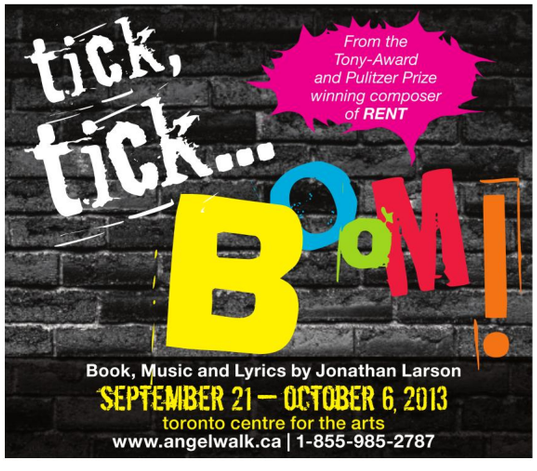
They were very surprised. Because it's such a stupid idea. Really, it's the dumbest thing we could have done. We were like, 'We can't do this. This is so dumb. We've got this great thing going. We just got a second season. Why are we trying to ruin it?'

Double edge sword

> "I don't know why they're lovable! I think it's because they're so ridiculous and so positive of their convictions — which are ridiculous."
>
> **Kaitlin Olson**
> Talking about why It's Always Sunny in Philadelphia's characters are despicable but lovable at the same time

Kaitlin Olson sheds some light on the show's popularity. HANDOUT

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New show painfully close to Fox's real world experiences

New show. Michael J. Fox makes his first full-time return to television since he left

Tracy Pollan, left, Michael J. Fox, and Wendell Pierce star in The Michael J. Fox Show. ERIC LIEBOWITZ/THE ASSOCIATED PRESS

What happens when you put Michael J. Fox and five Canadian reporters at a table? Hockey talk.

The Edmonton-born, Burnaby, B.C.-raised actor has lived almost two-thirds of his life in the United States, but while you can take the boy out of Canada, you can't take the Canadian out of the boy.

Though Fox's interview time is carefully limited, there's a full five minutes of chatter about the Leafs, Canucks and his beloved Bruins before everyone gets down to the reason Fox is at the summer network press tour — to promote The Michael J. Fox Show. The sitcom premieres Thursday on NBC and Global.

The series has been tailor-made for the actor. Fox stars as Mike Henry, a popular New York news anchor who gave up his job after being diagnosed with Parkinson's disease. Five years later, with his family's support, he decides to go back in front of the cameras. Betsy Brandt (Breaking Bad) plays wife Annie Henry, Wendell Pierce (Treme) his boss Harris Green. Recurring characters include Anne Heche as a rival news anchor and TV veterans Candice Bergen and Charles Grodin as Mike's parents.

Fox teamed with executive producers Sam Laybourne (Cougar Town) and Will Gluck (Friends with Benefits) on the project.

"I really wanted to do a show about a guy with Parkinson's," Gluck jokes, "and a couple of people passed."

Gluck and the others see it as a family comedy first, but one absolutely based on Fox's own experiences dealing with Parkinson's. Henry is shown in the pilot scattering instead of serving scrambled eggs and misdialling 911, all played for laughs.

"Mike paid for those experiences," says Gluck, "so they're the intellectual property of Michael J. Fox."

Fox himself stepped away from his last regular series, Spin City, in 2000 after going public with his struggles with Parkinson's, first detected a decade earlier.

At the time of the revelation it seemed like a cruel twist of fate for the actor, who was beloved for his Back to the Future films as well as for his run in the '80s as young conservative Alex P. Keaton in Family Ties.

Fox came to terms with his situation and became a leading spokesperson for efforts to combat the disease. His Michael J. Fox Foundation has so far funded more than $350 million in research toward finding a cure.

Spearheading that drive and helping his wife of 25 years, actor Tracey Pollan, raise their four children became Fox's main focus for a decade. When medical advances helped to stabilize Fox's tremor symptoms, the itch to get back on TV began.

"I just thought, 'Why can't I?'" he says. "I mean, there's no reason not to do it."

THE ASSOCIATED PRESS

Wanted him back

He was ready to go back, but only on his terms. For one, he wasn't going to leave New York, where all his guest appearances were shot. His series went into production months earlier than most, allowing the producers to build in weeks in between shooting to make things easier for their star.

- **Doing things his way.**

Fox briefly considered headlining a drama series like The Good Wife, but the long hours were a deal breaker. Besides, when he really thought about it, all he wanted to do was comedy. There was no question the networks wanted him back. NBC offered him a full 22-episode commitment, rare these days.

Zac Efron. ALL PHOTOS GETTY IMAGES

Rehab was inevitable after troubled Efron started 2013 'like a junkie'

A new report in the National Enquirer details how Zac Efron kicked off 2013 — with troubling behaviour that likely led to his rehab stint in the spring. An anonymous source recounts watching the 25-year-old star pass out after a night of abusing prescription painkiller Oxycodone as well as alcohol, marijuana and Adderall at New York's Thompson Hotel on Jan. 3. "I was scared for him," the source says. "He was like a junkie. He wanted the drugs so bad. He went through a lot of pills even though it was clear he was entering a danger zone. My worst fear was that he had died from an overdose."

Lindsay Lohan

Schedules to blame for Lohan's latest break up

Looks like it's a no-go for Lindsay Lohan and former football player Matt Nordgren, who have reportedly split up after briefly dating, according to Us Weekly. "Their work schedules and the distance just make dating impossible," a source says. "He really likes her. He thinks she's back on top, emotionally and physically."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Could it be?! Drake and Chris Brown patch things up

MELINDA TAUB
Metro World News in NYC

Make new friends, but keep the old. One is silver and the other beat up a lady one time. Chris Brown and Drake have squashed their beef and they may even become pals, according to Page Six. The pair apparently met up at the iHeartRadio Music Festival in Las Vegas this weekend, which Drake and his crew attended specifically to catch Brown's performance. "Drake came on Friday with his whole crew, and watched Chris' entire set," a source said. The happy reunion continued after the show: "They were backstage hugging and drinking," another source reports. Apparently, the meeting went so well that the pair are talking about collaboration on tracks, even though no one should ever want to be friends with Chris Brown or work with him or talk to him, so he eventually has to become a garbage man and live in the dump. Hopefully Drake is just pretending to be Chris's friend so it'll sting even more when he has to become a garbage man. Brown recently took time off from drinking fruity cocktails and hitting the beach in Hawaii to tag a wall with epithets like "F— police" alongside what is apparently a shout-out to the Bloods. Brown, he of sound life choices, signed his illegal street art with the words "Fruits Piru," which people who know more about the intricacies of urban gang life than we do speculate is a reference to the Fruit Town Piru gang, a subset of the scary-as-hell L.A. gang.

Amanda Bynes

Bynes' lawyer wants her hitting-cop-car case held in mental health court

Amanda Bynes was set to resurface this week for a court appearance stemming from her 2012 arrest for hitting a police car with her rented BMW, but Bynes' lawyer wouldn't let her near the courthouse. Attorney Richard Hutton claims that Bynes doesn't currently have the mental capacity to fully comprehend the legal proceedings, asking the judge to refer the case to the mental health court, according to E! News. "The mental health court will examine Bynes and determine her competency to stand trial," he says. Bynes is currently under observation at the UCLA Medical Center, and a hearing is set for next week to determine if her parents' temporary conservatorship should be made permanent.

Twitter

@JimCarrey
It's gonna be an amazing day! You know why? CUZ I DOUBLE FRICKIN' STAMPED IT!

@justinbieber
Any account on twitter isn't actually my Grandparents! They don't have twitter and say they never will

@rihanna
420

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You can always rely on Milan for two things: exuding luxury, and being fashion month's halfway mark. The latter means we can move from tentative to confident in our breakdown of the trends for SS14. Despite the markedly different scenes across New York, London and Italy, discernible similarities have already emerged, so take note.

KIT GILBERT
Metro World News

8 things Milan told us about la mode

Skin is in

If there's one thing Milan has over every other fashion capital, it's sex. It returned this season in the form of super sheer garments, peek-a-boo cut outs, belly-grazing necklines and hemlines your mother wouldn't approve of.

Gucci

White is trending

Just when we're all digging out our winter blacks and grays, white starts to trend on the runway. The summer shade has been everywhere, including Jil Sander, Sportmax, Versace and Alberta Ferretti, who played on its more innocent connotations.

Alberta Ferretti

'90s minimalism reigns

Will the '90s ever get old? It appears not, as the era's minimalist esthetic is going nowhere. With everyone apparently singing from the same Calvin Klein sheet, it's slip dresses and spaghetti straps galore — with a strict colour palette of neutral shades.

Max Mara

No. 21

The shirt dress is a bona-fide thing

Whoever first decided to wear her boyfriend's shirt as a dress must have been an audacious woman. Thankfully, we're no longer going to have to tug at those tails to stay decent, as the shirtdress is now a thing. It's popped up all over the fashion circuit and it's made its way to Milan via No. 21 and Tod's where floral, spangled embellishments and eyelets send this idea into more wearable territory.

Fendi

We've got tiers in our eyes

Things that have tiers include wedding cakes and football stadiums. Now you can add clothes to the list, as Simone Rocha, Meadham Kirchhoff and Hérve Léger all added layer upon layer to their creations. And we're not talking ruffles either — these are hard-edged, angular strips of fabric. Our Milan favourite in this department is Fendi, which showed ombré cascades.

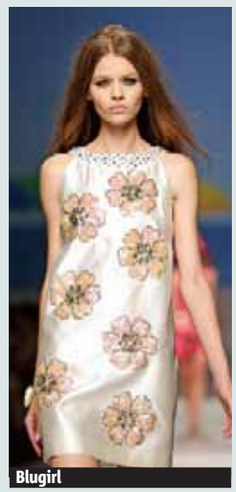
Pastels are back, but not as you know them

Pastels are a perennial favourite for spring, with Louis Vuitton's 2012 collection providing the benchmark for working with these candy colours. This season, it's a little less saccharine than your standard sugary fare.

Luisa Beccaria

Satin makes a comeback

In all likelihood you last wore satin in the form of a dodgy strapless gown to prom. The stiff, lustrous fabric has the potential to date an outfit all too quickly, but this season it has made some serious sartorial headway. Popping up at Rodarte and Zero + Maria Cornejo in tougher looks, Blugirl brought it to Milan with floral-dotted shift dresses and sharply pressed trousers.


Blugirl

The graphic print party is still happening

No one quite owns the idea of print mixing like Prada and Marni, both of which showed stellar graphics that were as much about texture and colour as they were about print. The new designer, Stella Jean and Emilio Pucci, meanwhile, took the more traditional ethnic route, referencing African prints.

Prada

How to get Claire Danes' Emmys faux bob

Claire Danes' short bob at Sunday's Emmy Awards ignited some major Twitter debates, but we didn't get what the hoopla was about. Who cares if she didn't actually cut her hair? Why not sport a short look without having to give up your locks? It's actually genius. Peter Butler, the man behind Danes' much-buzzed about 'do, tells us how to create a faux bob of our own using products found at your local drug store.

METRO

Claire Danes has come far from her messy-maned My So Called Life days. GETTY IMAGES

Step 1: Prep

To start, Butler applied a few pumps of the Frizz-Ease ThermalProtection Formula Hair Serum through Danes' wet hair and then added Frizz-Ease Curl Reviver Styling Mousse before blow-drying to give the hair more texture for better workability and hold.

Step 2: Style

Next, Butler created a deep side part and used a large-barreled curling iron to curl the Emmy winner's hair inward. He then created two small pin curls at the nape of her neck and combed the top of her hair down and under, pinning as needed into the base — a.k.a, instant hair cut.

Step 3: Perfect

As the final touch, Butler tucked the hair on the left side of Danes' head behind her ear and spritzed Frizz-Ease Moisture Barrier Firm Hold Hairspray for hold. Then to make sure the Homeland star's elegant bob glistened under the lights, he applied a coat of John Frieda Frizz-Ease 100% Shine.

Trends Report

- The critics have decided their best and worst dressed lists at the Emmys, but I felt the red carpet hairstyles were more dazzling than some of the dresses and jewels combined. Go online to Trends Report to see my picks for the best hairstyles at the 2013 Emmy Awards.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

'I have a reason for each piece'

This is personal. Eva Mendes designs her own favourite new items for New York & Company collection

Double-stick tape can't always save your outfit, so if you find yourself cowering because you're popping out of your top, Eva Mendes says to ditch the look. Her advice: Wear what you feel comfortable in — in her case, that means a ladylike outfit, like one of the many looks she's designed as part of her new capsule for New York & Company. The line consists of feminine dresses, sophisticated separates and a whole lot of colour and print, all inspired by the bombshell's personal style. At a recent party for the collection, she broke down her design process and told us what she's craving for fall.

Eva Mendes CONTRIBUTED

What's your go-to look for a night out?

I would probably wear this. (Her pencil skirt and fitted Mila blouse.) I think it's chic; it's really comfortable. It's very ladylike, very classy. I don't think I've ever been into short and super-sexy looks. I always like (being) a bit more demure. And when I have gone more body-conscious in the past, I've regretted the decision.

What is your style mantra?

You just have to feel great in (what you're wearing). I mean, I love double-stick tape, it really works magic — but if you find yourself using too much double-stick I think you better rethink the size of your outfit or get something you feel more comfortable in, because that's the key to looking great.

Mendes on creating her own line

"For every piece I designed, I have an emotional reason for it. Ever since high school, I have loved bodysuits. It's just nostalgic for me. You don't see enough body suits out there. And I think pencil skirts fit every type of body. I have a reason for each piece."

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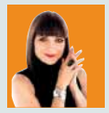
Twitter



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Don't Gianfranco Ferre + @LidaBaday go so well together? Love my Lida LBD with a pop of Ferre pink....

The Kit

Canadian street style

Spotted in: Toronto

Sandy
Bartender

What she's wearing

Gidigio shoes, basic white tee from Alternative Apparel, leather fanny pack from House of Vintage, True Religion leather belt, Ray Ban aviators, and BDG pants from Urban Outfitters.

Her inspiration

"Androgyny. There is a new website called Veer NYC (veernyc.com) and the site caters to women with androgynous style. If there were a store like that in Toronto I would spend all my money there!"

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Ashley Kowalewski, TheKit.ca

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Fall colour report: Bright

JANE DOUCET
For Metro

To many Canadians, cooler fall weather means wearing layers and dark colours. But those with an interest in fashion trends can step away from the tried and true by introducing a few key elements into their wardrobe.

"Runway trends are universal," said Alisha Schick, who teaches fashion design and illustration in the fashion program at MC College in Edmonton. "This fall, colour is a great way to refresh or update a jacket, suit or pair of jeans."

Popular colours are bright and loud. For men and women, forest green and burnt orange is showing up in denim and corduroy pants.

"There's also a huge '90s influence in animal prints, which we're seeing in women's crewneck sweaters, blouses and accents like shoes, pockets and gloves," Schick said.

While much of fashion is directed at women, designers haven't forgotten about men. They will be seeing more jungle, camouflage and Hawaiian prints, varsity jackets with leather sleeves and military-style coats.

"Streetwear" is also big for guys, cropping up in hoodies, motorcycle vests, T-shirts with logos and sneakers.

At the other extreme, statement scarves will appeal to men interested in a more mature look; they are made from more lightweight fabrics than standard winter scarves and could be worn with moss-green or khaki pants.

One interesting trend for women is a pyjama look — but not for pyjamas. Instead, it comprises a dressier matching top and pant, perhaps in plaid or metallics, and made of rayon or polyester.

"It's a new twist on the modern-day suit," Schick said.

When there is a chill in the air, the coats come out of the closets. For guys and girls, motorcycle jackets and military-style anoraks with drawstring waistlines made an appearance on the fall runways.

"Fashion is getting less sloppy in general," Schick said. "Lines have become more tailored, showing off curves and silhouettes."

If you are overwhelmed by the myriad trends from which to choose and have a limited budget, Schick has the following advice.

"Stick to things you're comfortable with and shapes that you know look good on you. Find pieces that work with your body type, then incorporate a style or trend you like."

Popular colours this fall are bright and loud, including these looks from Old Navy.

Forecasting fashion trends

As an instructor and a co-ordinator of the two-year fashion design technician program at St. Clair College in Windsor, Elaine Chatwood teaches a second-semester product development course that examines fashion trend forecasting.

"I'll teach my students how to produce a clothing line by looking at global trends," Chatwood said. "They'll come up with a concept, research fabrics, make a sample, cost out that sample and work out alterations."

Thanks to trend forecasting, the students will be able to look at fabrics a year ahead of when they plan to launch their fashion lines and aim to produce clothing samples 10 months in advance. Chatwood will then show them how to put together a "look book," containing photos of their designs for prospective buyers.

JANE DOUCET

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Project overview

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In the neighbourhood

Everything urban is right outside your door. The condo's close to Bay Street, eclectic Queen West, cafés, restos and bars. The Art Gallery is nearby, Roy Thompson Hall, Scotiabank Theatre, Canadian Opera Company and The Rex Tavern.

Building amenities

Featuring beds that fold into the wall and become a sofa or a desk. A fully-equipped gym and yoga room, an exterior terrace with lounge areas and barbecues, show kitchen and two lounges and a guest suite.

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BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

It's hard to believe that the Fall Home Show has been a Toronto staple for a quarter of a century!

It really says something about the quality of a trade show when, after 25 years, it continues to successfully draw more than 32,000 visitors, year after year. The Fall Home Show will take place at the Better Living Centre at Exhibition Place, Oct. 3 to 6, and will bring together homebuyers, homeowners, real estate enthusiasts and people who just want to check out some of the cool new products, discover the latest trends or get helpful advice from one of our many exhibitors. This Show is the ultimate authority on all things design and home improvement.

Some of the highlights include celebrity appearances, a free consumer-focused seminar about buying, selling and investing in real estate in the GTA (where I will participate as a speaker), as well as the second annual Upcycle Challenge. I'm proud to announce that BILD will be participating in the Upcycle Challenge this year, as one of the of 25 participants who have been tasked to source and repurpose a door from a Habitat for Humanity Toronto ReStore into functional upcycled items or hand-painted pieces of art. My staff and I rolled up our sleeves and spent several hours preparing our submission, which will pay tribute to BILD's decade-long partnership with Habitat.

The doors will be on display throughout the show as well as the Habitat for Humanity booth (#1342).

Destination Renovation will return to the Fall Home Show once again, offering homeowners free renovation advice from our professional RenoMark renovators, as well as some information about the national RenoMark program and the benefits of using professional contractors. Visit fallhomeshow.com to purchase tickets or receive more information on the Upcycle Challenge. You can also register for the Buying, Selling & Investing in the GTA seminar by visiting realestatetalkshow.ca. I hope to see you there. This is an event you won't want to miss.

What's hot on the condo market

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1. Richmond Hill

Sales Event: Hampshire Mews urban towns in Richmond Hill. Head on up to Yonge Street and Gamble Road. Sept. 28 from 11 a.m. to 6 p.m.

CALL 416-637-3520 OR VISIT HAMPSHIREMEWS.COM

2. Princes Blvd.

Fall Home Show: All your condo needs at Exhibition Place. Visit the Better Living Centre at 195 Princes Blvd. Oct. 3 to 6.

CALL 416-644-5400 OR VISIT FALLHOMESHOW.COM

3. Progress Ave.

New Release: TEN88 rooftop terrace townhomes in Scarborough. Head on over to the presentation centre at 1088 Progress Ave. at Sheppard on Sept. 28 from 12 to 5 p.m.

CALL 416-321-1088 OR VISIT EMPIREPACE.COM

4. Exhibition Place

IIDEX Canada: Canada's national design and architectural expo. Visit the Direct Energy Centre at Exhibition Place, Sept. 26 to 27 from 9 a.m. to 6 p.m.

VISIT: IIDEXCANADA.COM

Scarborough subway deal means many new projects

Bonus for existing residents. Buyers in city prior to transit deal can now sell up and make profit

CONDO TRENDS
Duncan McAllister
life@metronews.ca

The exclusive courtyard space in the LOVE project. BOTH PHOTOS CONTRIBUTED

Gemterra's LOVE condos and townhomes are in the heart of Scarborough.

The announcement this week that the federal government will kick in $660 million to extend Toronto's Bloor-Danforth subway line east into Scarborough has some predicting a new renaissance in one of Toronto's oldest suburbs.

Scarborough has grown from a collection of small rural villages two hundred years ago to a large, modern city with a diverse cultural community. Scarborough is seeing tremendous growth in the condo sector, with several new projects that are less expensive than nearby Markham and Richmond Hill, and on average, two-hundred dollars less per square foot than downtown Toronto.

Yan Wang is the president of Gemterra Development Corporation. He knows Scarborough well and specializes in building family-friendly condominiums. "Scarborough is quite a mature community and needs to grow. With the subway coming, it's like a revolution, a big change, it's very exciting," he says.

The Scarborough subway proposal has been under consideration for some time and Wang says condo buyers who purchased prior to the announcement have a good investment opportunity as property prices are likely to increase. "The subway coming on is a good investment for my buyers so they can increase the property price. Also, the federal government is supporting the subway here because they know the scenario, so the Scarborough demographic is continuing to grow with families," says Wang.

Gemterra's LOVE condominiums and townhomes are at the heart of Scarborough at Kennedy and Sheppard. The suites will overlook a two-tiered green space with an exclusive social courtyard offering barbecues and dining and lounge areas.

Being outside of the downtown core means larger, family-sized suites, still within the GTA, that are reasonably priced.

"Scarborough is a well-established family community, which means we have all kinds of facilities, all kinds of infrastructure that's already here. More people are moving from around the GTA, recognizing that Scarborough is a destination for families."

Imagine Condos is another development that launched in Scarborough this summer. A large lineup at the opening was indicative of the interest for this new boutique condominium building slated for Kennedy and St. Clair East. Insoho Developments president Ron Herczeg says the entry-level price point is very affordable and includes a parking spot and a locker.

And TEN88 will be releasing its rooftop terrace townhomes this weekend. A joint development between Empire Communities and Pace Developments, the streamlined mid-rise units will be located at Sheppard and Progress Avenues.

Legal Matters

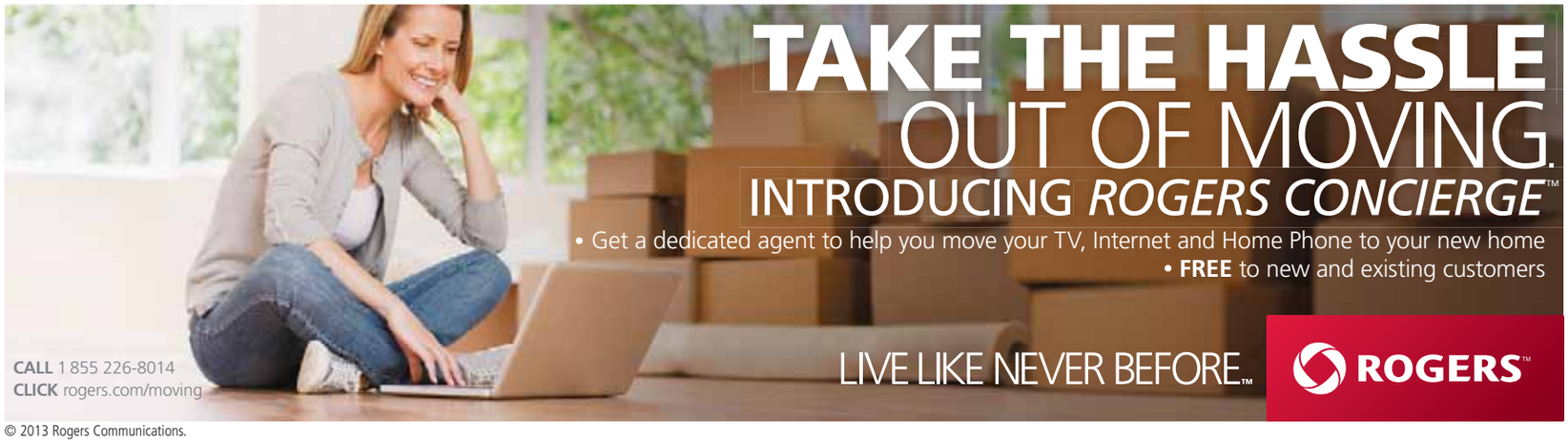
Taxation when disposing of a second home

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

Question: I am disposing of a property that I have over the years lived in and also rented out. I am aware that there are specific laws with respect to the taxation of land that has increased in value in relation to my ownership; as my principal residence or as a secondary rental property. Also, the proceeds of the sale are being paid to my spouse who is going to put the funds into RSPs. Does this make any difference to the applicable tax?

Answer: Your question is complex and you should be consulting with an accountant about the specific taxes. You and your spouse are allowed to claim one property as your principal residence on which the increase in value over a period of time is not taxable as capital gains. So, you can't claim your property and your spouse claims the cottage as a principal residence. The periods you rented out the property are taxable and the increases in value during those periods should be calculated to determine your tax liability. It doesn't matter to whom the proceeds are being paid because the increase in value is still subject to capital gains in your hands.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website at cowanlaw.ca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A living room couched in style

A four-part series to help you get one of the most important spaces in the home looking great.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-week series, I'll serve up decor tips to get your living room looking fabulous in time for the holidays. Today I tackle the largest furniture piece in the room: the sofa.

Size

For those living in smaller homes, the challenge is to find the right sofa that fits seamlessly without taking over the space. Luckily, there's an easy way to measure the size of sofa your room can comfortably hold: Measure the width of your room — your sofa should be 2/3 of that measurement. For instance, if your room is 10 feet wide, the sofa length should be about six feet by six inches. This allows the sofa to fit nicely on the smaller wall or helps to divide a long room and still allow space on each end for side tables. By fitting the sofa to the shorter wall, you are guaranteed it fits on the longer wall as well.

Style

The style of sofa reflects many things; whether you like a modern or traditional decor, the comfort level you require and the colour of covering desired. A sofa with a rounded arm, skirted bottom and light-to-medium neutral fabric will look best in a traditional setting while a square-armed, exposed wood (or metal) leg and a very light or very dark covering will imply a modern feel. If you fall asleep watching TV on your sofa every night, then choose one with lower and deeper seating for ultimate comfort. If you use your sofa strictly for entertaining, then a higher seat and less depth is recommended in order to sit upright. As for coverings, there are many to choose from. A plain, neutral covering will add longevity to the look of your sofa. The covering choice (everything from linen to leather) is all about the durability you might require. A warm neutral colour works best in traditional settings and cooler tones in modern.

Is your living room in need of a facelift? CONTRIBUTED

What's in a name?

I call it a sofa, my parents call it a couch and my grandma called it a chesterfield. What do they all mean?

- **Sofa.** A long and comfortable piece of furniture on which a person can sit or lie down. From the Arabic word suffah.
- **Chesterfield.** See couch. A Canadian/English name for couch.
- **Couch.** A long upholstered piece of furniture designed for several sitters.

Cost

Consider the budget for decorating your living room; a sofa should eat up about 20 per cent of the budget. If you have not budgeted for your room's decor, then another way is to consider how long you will want your sofa; each year should cost about $250. For instance, if you plan on keeping a sofa for only three to five years then an $800 to 1,200 cost would be suitable. If you want it to last for 10 to 15 years then pay around $2,500 to $4,000. The fabric is the first thing that will get worn out, followed by the internal support/springs. These are the two things you should investigate and ask about; especially when purchasing a sofa you want to keep long term.

Next week: Part two: Choosing tables and lighting.

A traditional sofa with rounded arms, skirted bottom and upright seating. Chandler Sofa, from $3,100, ethanallen.ca. CONTRIBUTED

Low, deep seating with square edges and exposed metal legs make this sofa perfect for a casual, modern living room. Mondrian Sofa, $1,100, Urban Barn, urbanbarn.com. CONTRIBUTED

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There are plenty of treasures to be found at a flea market — if you know when and where to look. ISTOCK

Turning one person's trash into your unique treasure

Flea market finds.

Shabby Chic author shares her tips and tricks for searching for that special something to add to your home

Even though it's been 15 years since Rachel Ashwell's Shabby Chic: Treasure Hunting & Decorating Guide was released, the queen of thrifting still sees people walking around flea markets with the classic tome in hand.

"It's become a little bit of a flea market bible," she admits.

Well, navigating those antique-filled aisles just got a bit easier as HarperCollins recently re-released the book in paperback.

To further help your scavenging adventures, we checked in with Ashwell for tips on scoring the best trinkets and treasures.

Rachel Ashwell CONTRIBUTED

Early bird gets the worm

"Start early. Be there the minute the market is open, if not before. You gotta find those treasures and if you snooze, you lose."

Have a game plan

"When I go clothes shopping I get overwhelmed if I don't have my shopping list and end up coming back with nothing. If you're a specific shopper, then have items in mind."

Shopping tips

Scour flea markets for these great items:

- Wall mirrors
- Lamps, chandeliers
- Cabinetry
- Mixed-matched China
- Candlesticks

Measure beforehand

"Know the size of a table or cabinet you're looking for, and not just the size of where it's going live, but how it's going to get there. There's nothing worse than measuring for a beautiful, big cabinet but it has to go through a teeny hallway."

Note the vendor's location

"If you buy something and want to pick it up later, make sure you write down where you're going to pick it up from, because, at the end of the day, all those aisles look the same. And write down a phone number!"

When to negotiate

"Before I even look at a tag, I ask myself, 'What's the most I'll pay for that mirror?' So I already know where the price needs to be. If it's higher than that price, I'll ask respectfully, 'I'm sure it's worth that, but for my purpose I can only pay $50. I don't want to insult you, but I'd love to buy it for that. If not, no hard feelings.'"

Don't go crazy with tchotchkes

Make sure your trinkets are both beautiful and functional.

"I can't bear curiosity cabinets that are just filled with pretty things that are never going to get used."

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FALL FAVOURITE FINDS
Show Manager Tina Holmes, rounds up a few of her much-loved coveted items with her Fall Favourite Finds. From decorative mouldings and Chalk Paint™ to reclaimed wood tables and doors, you'll find plenty of innovative products and great design solutions for your home.
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Cosy up your home for fall

Prep your place for the cooler temps with these fall-approved furnishings

TINA CHADHA
Metro World News in New York

Wooly rugs

These floor coverings make walking around barefoot so much more comfy.

JC Penney Agra Plaid washable cotton rug, $15, jcpenney.com

Cushions

Swap out bright, sunny pillows for some plush jewel-toned ones to match your permanent glass of Cabernet.

H&M pillow, $12.95, hm.com

Candlelight

No fireplace? Candles add a warm glow to any room. And Diptyque's new Noisetier boasts a woody autumn scent.

Diptyque's Noisetier candle $60, diptyqueparis.com

A big comfy chair

We know that you plan to do a lot of reading (and hosting) in the cold months.

Ikea Strandon wing chair, $279, ikea.com

Hues in metal

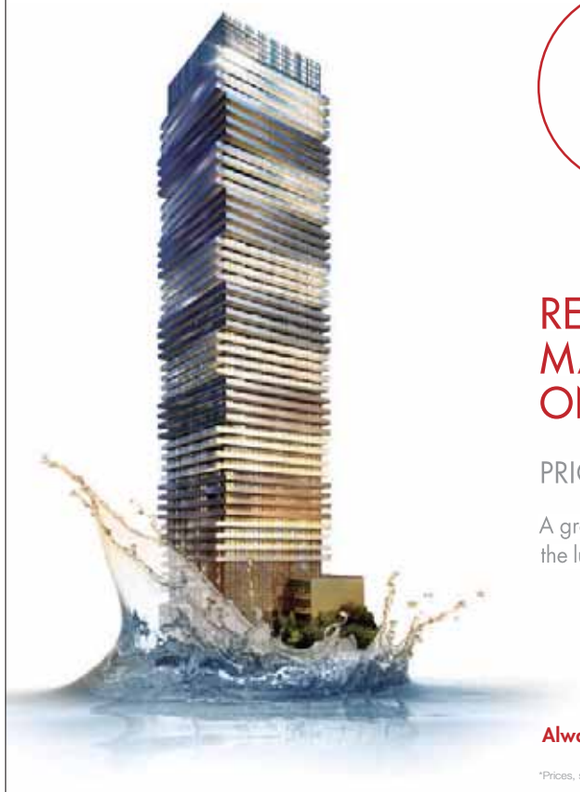
Another way to bring fall into your home is with metallic hues.

Crate and Barrel Cleo table lamp, $255.20, crateandbarrel.com

Throw it in

You'll be spending many a night on the couch. A textured throw will be your snuggle buddy.

BoConcept mixed striped throw, $59, boconcept.com



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Kitchen nightmares be gone

Summer is a busy time for entertaining at home. Check out these new products that will make life a little bit easier.

TINA CHADHA
Metro World News in New York City

Trudeau Over-the-Sink Cutting Board

Perfect for us city dwellers with challenged kitchens, Trudeau's new cutting board sits over the sink to maximize work space and has a built-in bowl to hold one ingredient while we get to the next.

But a heads up — it's a little rickety when used on a counter.

$26.99, SHOPTRUDEAU.COM

Dreamfarm Chopula

Australian brand Dreamfarm strives to solve problems in the kitchen. And while they haven't found someone to do the cleanup, their latest spatula will speed up your cooking time.

The Chopula is flexible enough to slide under and flip your pancakes and eggs, yet rigid on one side so you can chop foods directly as they're cooking in the pan. Even better, the utensil is designed with a bend in the handle, allowing it to sit up on the countertop sans spoon rest.

$15.95, DREAMFARM.COM

Mrs. Meyer's Clean Day: Radish

Radishes are taking over the farmers' markets right now (we're especially smitten by the pretty pink watermelon variety).

But you don't have to love eating the slightly bitter veggie to bring it into your home. Mrs. Meyer's Clean Day recently released the scent radish to its line of eco-friendly cleaning products. The cheery red packaging will help ease the pain of the pile of dishes waiting for you.

$3.99 TO $7, MRSMEYERS.COM

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How to survive a DIY renovation

The more time you spend on planning and preparation, the less likely you are to run into surprises or delays. ISTOCK

DIY. These five tips will help make your home renovations as painless as possible

Your daily routine gets thrown out the window and the house is in a constant state of chaos: welcome to DIY renovations.

Undertaking your own project can be a rewarding experience, but speed bumps are bound to happen without experienced professionals. To get an idea of what you're in for, here are five ways to make your project as painless as possible.

1. Prepare for the worst, plan for the best

The more time you spend on planning and preparation, the less likely you are to run into surprises or delays.

Create a detailed schedule for your project including when materials should be ordered and delivered, the tools you'll need for each job and a generous estimate on the time commitment. A well thought out schedule is the foundation for a successful renovation.

2. Perform damage control

Try to isolate your renovation from the rest of your home as much as possible.

Cover your air ducts and turn off any ventilation to help keep dust and dirt from spreading beyond the construction area. Not only will this limit your cleanup, it will help protect the air quality in the rest of the house.

3. Perfect your microwaving, slow cooker and BBQ skills

Even if you're not renovating your kitchen, it can be hard to find the energy to cook a good meal after a day of demolition or putting down flooring.

It's helpful to prepare meals in advance that you can easily throw in a slow cooker or microwave.

If you are renovating your kitchen, find a separate space that can be used as a makeshift food prep and cooking station — whether it be your outdoor BBQ or a mini fridge in your living room.

4. Create your own renovation survival kit

A renovation survival kit can help give you the energy to keep going when stress hits a boiling point.

Before starting your project, pick up essentials like ibuprofen, your favourite snack, a bottle of wine, and earplugs or headphones. A personalized survival kit can help you briefly retreat from your renovation when you need it most.

5. Enlist a relationship counselor

Renovations with spouses, friends and family can really throw a wrench into your relationship.

The hard work and stress of DIY renovations are bound to get to everyone. Keep your eye on the finish line and remember you're all working towards a common goal.

FOR EVEN MORE ADVICE, TUNE IN TO RENOVATION REALITIES TUESDAYS AT 10 P.M. ET ON DIY NETWORK CANADA

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Let us give thanks for dining decor

Fresh for fall. Just in time to serve your turkey are some funky, modern items from Crate and Barrel for casual entertaining

TINA CHADHA
Metro World News in New York

First, Ikea released its sleek upscale Stockholm collection inspired by mid-century modern classics.

Then H&M followed with the launch of their much-anticipated home line and e-commerce site — seriously, the copper candle holders and knit throws look straight out of a high-end boutique. Pretty impressive for H&M.

Now, Crate and Barrel is leaving us no choice but to start hosting.

The furnishings brand partnered with renowned Italian interior designer Paola Navone — a wiz at creating funky, modern decor inspired by Asian and African handicrafts — for three collections, the first of which centres on "casual entertaining."

So what exactly do causal shindigs mean for designer Navone?

Based on the first installation — launched on crateandbarrel.com on Sept. 9 — we'd say a packed dinner party with lots of good things to eat.

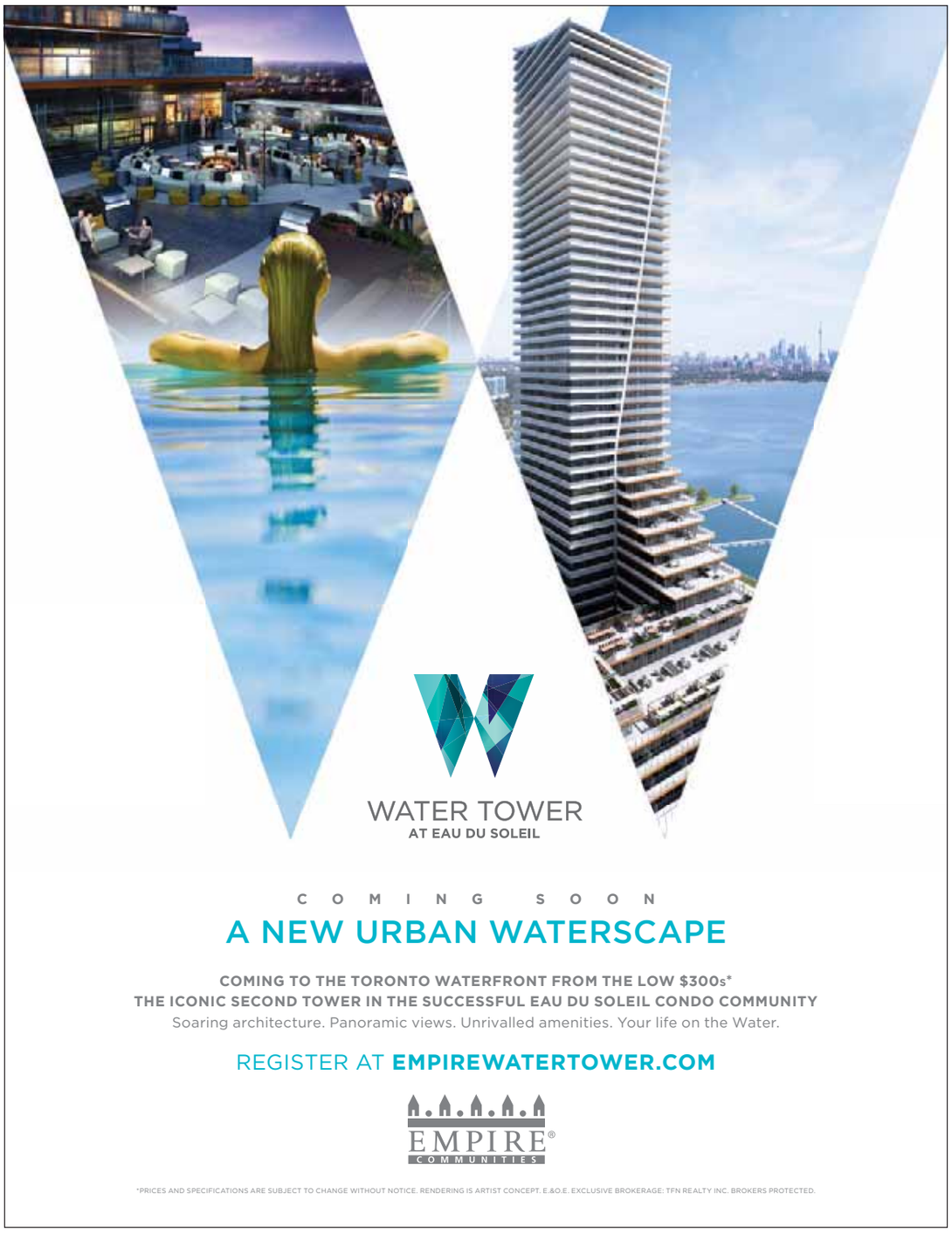
The designer created tabletop essentials, including platters, bowls, cutlery sets and linens in electric blue-and-white patterns (she was inspired by the Mediterranean).

To shake things up, pops of red appear on a swirly candleholder and industrial lights, and a woven chair with reclaimed teak legs add warmth.

The collection also includes 11 dining table options, which shoppers can mix and match with nine different seating styles.

Our favourite is the gray and white bench, complete with an ever-so elegant backrest.

It would seem that no one's leaving our tricked out table hungry or with a backache — just in time for Thanksgiving.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Home cleaning

Go natural to clean Plexiglas

How do you clean Plexiglas?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Don't use a product with ammonia to clean Plexiglas; it will turn the material yellow over time. ISTOCK

As Plexiglas becomes a more popular material that many of us have in our homes, it occurred to me that most people don't know how they should begin to clean it. Plexiglas as a material is used to build furniture; I myself have a Plexiglas coffee table. It's also used in decorative arts material and even in some picture frames to replace glass for weight.

So how do we clean this material?

Never use a product with ammonia, as this will make it turn yellow over time. The best way to clean this is with an all purpose cleaner (50 per cent water and 50 per cent white vinegar) and a soft cloth such as cotton or microfibre.

So there you have it. You are now an expert on how to clean Plexiglas.

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Customizing your drive is easier than ever

A permeable driveway pavement in winter. AP PHOTO/ NELCO LANDSCAPING

Retro or modern?
With so many choices available any look is possible for one thing that you use every day — your driveway

The driveway that came with the 1921 Craftsman-style house that David Ulick bought five years ago was the original concrete one, marred by cracks and with tree roots starting to break through.

"I didn't like the driveway," said Ulick, of Pasadena, Calif. "I wanted something a little bit nicer."

He looked through books and drove through the Craftsman-rich neighbourhoods of Pasadena to get ideas before deciding on a concrete drive with an antique finish, accented with reclaimed red bricks from the 1920s.

"I wanted this to look like the original driveway, an original, nice driveway, and using used bricks gives it a nice old-fashioned look," Ulick said.

"It really makes it a grand entrance for the house," he added, noting the brick walkway up one side. "I figured I'd treat the Craftsman the way it deserves to be treated, and maintain its design style and heritage."

While a driveway may still be a utilitarian afterthought for many homeowners, others like Ulick are adding some serious curb appeal to their homes by moving beyond basic options like grass or gravel, asphalt or concrete. "The driveway is commonly overlooked," conceded Michael Keenan, an adjunct assistant professor of landscape architecture at the University of Minnesota. "Driveways are not cheap necessarily, but they are completely functional and necessary if you have a car and a garage."

Doing up the driveway, Keenan said, is a chance to "celebrate the function because it is a piece of the property you do use every day."

The design options have grown in the last decade or so, he said, as pavers — made from precast concrete, clay and natural stone like granite — are being turned out in a range of colours and sizes. Some have rounded edges for an older look; others are mottled to add colour variation to the driveway.

Installing a customized driveway is a way to put your own stamp on the hardscape and set your house apart from the rest. Depending on the neighbourhood, the materials and the quality of the craftsmanship, Keenan said, a driveway also could increase a home's resale value. "It does become a point of distinction," he said. "It is something people notice. It is elegant."

The least expensive paved driveways are made of asphalt, which cost about $12 to $15 a square foot, and concrete, costing about $14 to $18 a square foot, Keenan said. Though concrete is more resilient and lasts longer, both materials will crack over time, he said.

Pavers, which start at about $20 to $25 a square foot, should last a lifetime, Keenan said. "The key is the fact that the pavement acts as flexible fabric and it can move with the earth, and isn't a rigid system and isn't prone to cracking," he said.

THE ASSOCIATED PRESS

David Ulick's concrete driveway with an antique finish accented with reclaimed red bricks from the 1920. AP PHOTO/DAVID ULICK

Expert advice for a custom design

Pavers can be used to make traditional patterns like basket-weave or herring-bone, or be fashioned into a custom look. For a less traditional look, use a paver that comes in three or four sizes and lay them out at random, landscaper Michael Keenan says. Or get a custom design without breaking the bank by using concrete pavers accented with more expensive natural stone pavers.

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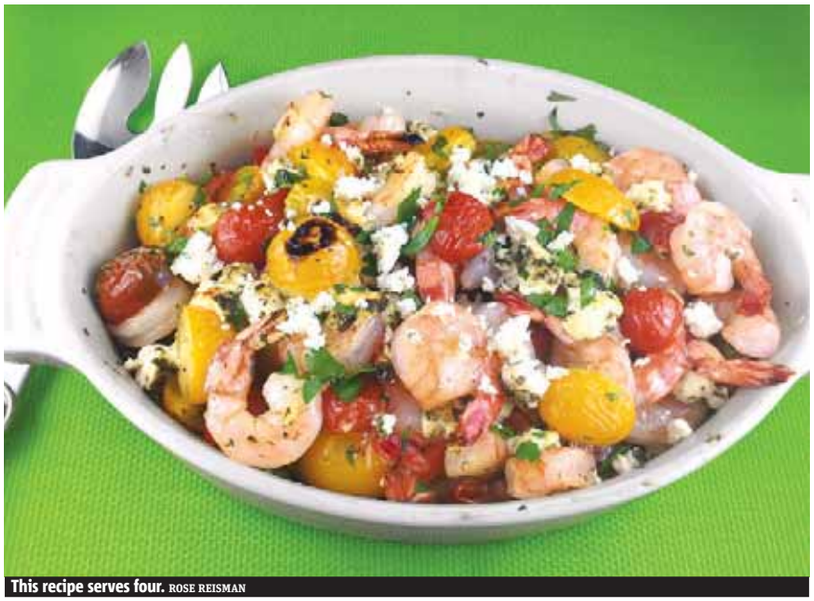
Shrimp, Cherry Tomato and Goat Cheese Bake: Layers of flavours



This recipe serves four. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

If you're looking for a quick and delicious one pot meal this hits home.

The shrimp compliments the delicate sweet tomatoes and creamy goat cheese. Serve the dish with a side of green salad.

You can prepare the entire dish earlier in the day and bake at 400 F for five to eight minutes. It's also great at room temperature.

Ingredients

- 1 1/2 lb peeled and deveined shrimp
- 3 cups of cherry tomatoes sliced in half
- 1/4 cup chopped cilantro or parsley
- 1 1/2 tsp crushed fresh garlic
- 1 tsp dried basil
- 1 tsp minced jalapeño peppers
- pinch salt and freshly ground black pepper
- 1/2 cup crumbled goat cheese
- 1 tbsp olive oil
- 2 tsp freshly squeezed lemon juice
- 2 tbsp chopped cilantro or basil

1. Preheat the oven to broil and spray an 8-inch baking dish with cooking oil. Preheat a non-stick grill pan or barbecue to medium-high.

2. Grill shrimp for approximately 4 minutes, turning halfway through the cooking time. Do not overcook. Place in the prepared baking dish.

3. Combine the tomatoes, cilantro, garlic, dried basil, jalapeño pepper, salt and pepper. Mix well and pour over the shrimp. Sprinkle with the goat cheese. Broil for 2 minutes or just until browned. Remove from the oven.

4. Combine the oil and lemon juice and drizzle over the top. Garnish with the cilantro and serve.

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Wiggin' out over Wiggins

Andrew Wiggins of Vaughan will be suiting up for the Kansas Jayhawks this season. TORSTAR NEWS SERVICE FILE

NCAA. Focus shifts to basketball at Kansas with Canadian as star

Canadian Andrew Wiggins slouched down in a chair with cameras stuck in his face inside Allen Fieldhouse.

The calendar hasn't even flipped to October and basketball is already on the mind at Kansas.

In the past, practice began roughly four weeks before the season. Now, men's basketball teams get to conduct 30 days of practice in the six weeks prior to their first-regular-season game.

Kansas opens a two-game exhibition schedule Oct. 29 against Pittsburg State, and then plays its first game that counts against Louisiana-Monroe on Nov. 8.

The headliner is unquestionably Wiggins, the consensus No. 1 high school prospect from Vaughan, who spurned other offers to play at Kansas.

Wiggins has been anointed the next LeBron James by many folks who follow the recruiting trail, though Kansas coach Bill Self said it's dangerous to make such comparisons before he's ever stepped foot on a college floor.

But with dozens of TV cameras pressing into his face, Wiggins looked comfortable — bored, even — while wearing a crisp, white No. 22 jersey with Kansas stitched across the chest.

"When I came on my visit, it just caught my heart. This is where I felt like I belonged," he said Wednesday. "The team, they're all one unit. Everybody was cool with everybody. Nobody was left out. I felt more at home here than anywhere else." THE ASSOCIATED PRESS

Oracle overcomes controversy to win Mug

Skipper Jimmy Spithill and Oracle Team USA won the America's Cup on Wednesday, pulling off one of the greatest comebacks in sports history.

Spithill steered Oracle's space-age, 72-foot catamaran to its eighth straight victory, speeding past Dean Barker and Emirates Team New Zealand on San Francisco Bay to keep the oldest trophy in international sports in the U.S.

All but defeated a week ago, the 34-year-old Australian and his international crew twice rallied from seven-point deficits to win 9-8.

Owned by software billionaire Larry Ellison, Oracle Team USA was docked two points for illegally modifying boats in warmup regattas and had to win 11 races to keep the Auld Mug.

EZRA SHAW/GETTY IMAGES

NHL. Kessel says he's in control after slashing

Phil Kessel laughed off the notion that a couple of pre-season slashing incidents mean he needs to control his emotions better.

Last week he took swings at Flyers defenceman Luke Schenn's shins because he didn't like his former Maple Leafs teammate jabbing at him. Then there was Sunday night's brawl, when he slashed Sabres tough guy John Scott multiple times, earning a suspension for Toronto's final three pre-season games.

Kessel said he considers those situations more of an anomaly than the start of a troubling trend.

"I think I average like under 20 penalty minutes a year or something like that or around there, so it's not like I take a lot of penalties," he said. "I don't think it's going to be a problem." THE CANADIAN PRESS

What would you do?

"Put 'em in that situation and see what they do."

Phil Kessel to critics of his stickwork on John Scott. The Sabres enforcer stands 6-8 and weighs in at 270 pounds.

Tennis

Bouchard bouncing out big names

Montreal's Eugenie Bouchard will try to continue her string of big wins at the Pan Pacific Open when she faces American star Venus Williams in the quarter-finals.

Bouchard upset sixth-seeded Jelena Jankovic of Serbia 7-5, 6-2 on Wednesday, a day after ousting No. 8 Sloane Stephens of the U.S.

Bouchard, last year's junior Wimbledon champion, is 46th in the world rankings.

THE ASSOCIATED PRESS

NFL. Ex-Charger commits suicide in Atlanta, cops say

Former San Diego Chargers and University of Georgia defensive back Paul Oliver committed suicide at his Atlanta-area home, a medical examiner said Wednesday.

The 29-year-old Oliver was found dead Tuesday night in Marietta, about 20 miles northwest of Atlanta, Cobb County Medical Examiner's investigator Tim Weaver said.

Oliver died of a self-inflicted gunshot wound, Cobb County police Sgt. Dana Pierce said.

THE ASSOCIATED PRESS

Paul Oliver with the Chargers in September 2009. THE ASSOCIATED PRESS

St. Louis in front heading down the home stretch

NL Central. Cardinals clinch at least a tie for the division title; Pirates still have shot

The Cardinals' Shelby Miller pitches against Jordan Zimmermann of the Nationals on Wednesday in St. Louis. JEFF CURRY/GETTY IMAGES

All of those young arms embraced this pennant race. The St. Louis Cardinals threw five rookies at the Washington Nationals and clinched a tie for their first NL Central title since 2009.

Shelby Miller earned his 15th win with relief help from Seth Maness, Kevin Siegrist, Carlos Martinez and Trevor Rosenthal in a 4-1 victory that spoiled Jordan Zimmermann's bid for his 20th win and wrapped up a three-game sweep on Wednesday.

All are 24 or younger, and all have been filling critical roles for a while now.

"We know what's at stake and what we need to do to get the job done, how many games we need to win," Miller said. "Hopefully, we can just win them all.

"It's just been an amazing year, I've had so much fun and there's still a lot of baseball left."

Miller (15-9) has been in the rotation all year and leads major-league rookies in wins after allowing a run in six-plus innings. Maness induced a double-play ball in the seventh, Siegrist hasn't allowed a run in an NL-best 23 1/3 scoreless innings and has a microscopic 0.47 ERA and the 23-year-old Rosenthal saved all three games in the series.

Yadier Molina had the go-ahead hit and Matt Adams homered for the Cardinals.

Manager Mike Matheny reported screaming in the clubhouse after the Cubs' Darnell McDonald's go-ahead three-run homer off Francisco Liriano in a 4-2 victory over the Pirates and admitted he'd taken peeks at the scoreboard.

The Cardinals lead the Pirates by three games with three to go. The Reds lost 1-0 to the Mets on Wednesday and were eliminated from the divisional race.

The Cardinals (94-65) are a season-high 29 games above .500 and have a day off before 14-game winner Lance Lynn faces the Cubs on Friday night to open the final series. THE ASSOCIATED PRESS

Playing spoiler in the West

A's bats fall asleep vs. Dream Weaver

Jered Weaver pitched seven innings of five-hit ball, Josh Hamilton drove in two runs and the Los Angeles Angels did a bit more damage to the Athletics' home-field playoff hopes with a 3-1 victory over Oakland on Wednesday.

Los Angeles took four of six games over the two-time AL West champion A's in the past two weeks.

The A's began the day trailing Boston by one game for the majors' best record. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	63	.601	—
Tampa Bay	88	69	.561	6½
New York	82	75	.522	12½
Baltimore	81	76	.516	13½
Toronto	72	85	.459	22½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	92	66	.582	—
Cleveland	87	70	.554	4½
Kansas City	83	74	.529	8½
Minnesota	66	91	.420	25½
Chicago	62	95	.395	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	94	65	.591	—
Texas	86	71	.548	7
Los Angeles	78	80	.494	15½
Seattle	69	89	.437	24½
Houston	51	107	.323	42½

Wednesday's results
L.A. Angels 3 Oakland 1
Chicago White Sox at Cleveland
Toronto at Baltimore
Tampa Bay at N.Y. Yankees
Houston at Texas
Detroit at Minnesota
Kansas City at Seattle

Tuesday's results
Cleveland 5 Chicago White Sox 4
Toronto 3 Baltimore 2 (10)
Tampa Bay 7 N.Y. Yankees 0
Texas 3 Houston 2
Detroit 4 Minnesota 2
L.A. Angels 3 Oakland 0
Seattle 4 Kansas City 0

Thursday's games
All times Eastern
Toronto (Buehrle 12-9) at Baltimore (Gonzalez 10-8), 7:05 p.m.
Tampa Bay (Cobb 10-3) at N.Y. Yankees (Nova 9-5), 7:05 p.m.
L.A. Angels (Williams 9-10) at Texas (Garza 4-5), 8:05 p.m.
Kansas City (Guthrie 14-12) at Chicago White Sox (Rienzo 2-2), 8:10 p.m.
Cleveland (McAllister 9-9) at Minnesota (Albers 2-4), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	93	64	.592	—
Washington	84	75	.528	10
New York	73	85	.462	20½
Philadelphia	72	85	.459	21
Miami	58	100	.367	35½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	94	65	.591	—
Pittsburgh	91	68	.572	3
Cincinnati	90	69	.566	4
Milwaukee	70	87	.446	23
Chicago	66	93	.415	28

WEST DIVISION

	W	L	Pct	GB
Los Angeles	91	66	.580	—
Arizona	80	77	.510	11
San Diego	73	84	.465	18
San Francisco	72	85	.459	19
Colorado	72	86	.456	19½

Wednesday's results
N.Y. Mets 1 Cincinnati 0
St. Louis 4 Washington 1
Chicago Cubs 4 Pittsburgh 2
Milwaukee at Atlanta
Philadelphia at Miami
Boston at Colorado
Arizona at San Diego
L.A. Dodgers at San Francisco

Tuesday's results
N.Y. Mets 4 Cincinnati 2
Atlanta 3 Milwaukee 2
Philadelphia 2 Miami 1
Pittsburgh 8 Chicago Cubs 2
St. Louis 2 Washington 0
Colorado 8 Boston 3
Arizona 2 San Diego 1 (12)
L.A. Dodgers 2 San Francisco 1

Thursday's games
All times Eastern
Arizona (Cahill 8-10) at San Diego (Erlin 3-3), 6:40 p.m.
Milwaukee (Hellweg 1-4) at N.Y. Mets (Gee 12-10), 7:10 p.m.
Philadelphia (Cloyd 2-6) at Atlanta (Hale 0-0), 7:10 p.m.
L.A. Dodgers (Volquez 9-12) at San Francisco (Lincecum 10-14), 10:15 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Friday's game — All Times Eastern
B.C. at Winnipeg, 8 p.m.
Saturday's games
Calgary at Hamilton, 6 p.m.
Toronto at Edmonton, 9 p.m.
Sunday's game
Saskatchewan at Montreal, 1 p.m.

NFL

WEEK 4

Thursday's game — All Times Eastern
San Francisco at St. Louis, 8:25 p.m.
Sunday's games
Seattle at Houston, 1 p.m.
N.Y. Giants at Kansas City, 1 p.m.
Pittsburgh at Minnesota, 1 p.m.
Baltimore at Buffalo, 1 p.m.
Arizona at Tampa Bay, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Indianapolis at Jacksonville, 1 p.m.
Chicago at Detroit, 1 p.m.
N.Y. Jets at Tennessee, 4:05 p.m.
Philadelphia at Denver, 4:25 p.m.
Dallas at San Diego, 4:25 p.m.
Washington at Oakland, 4:25 p.m.
New England at Atlanta, 8:30 p.m.
Monday's game
Miami at New Orleans, 8:40 p.m.

MLS

Friday's game — All Times Eastern
Philadelphia at Kansas City, 8 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Real Salt Lake at Vancouver, 7 p.m.
Houston at New England, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Sunday's games
Los Angeles at Portland, 3:30 p.m.
Columbus at FC Dallas, 8:30 p.m.
New York at Seattle, 9 p.m.
San Jose at Chivas USA, 11 p.m.

Blue Jays more productive in rounding bases off field

The Blue Jays' Munenori Kawasaki with his newborn son, Issho, at home last month in Toronto. TORSTAR NEWS SERVICE

Aaron Loup doesn't usually have trouble sleeping, but last month, as the Blue Jays checked into their Houston hotel at around 1:30 a.m., the 25-year-old reliever tossed and turned for more than two hours.

Back home in New Orleans, Loup's wife Leighann was nine months pregnant with the couple's first child.

"It was getting close to that time and it was probably weighing in the back of my mind."

Loup finally fell asleep around 4 a.m. An hour later his phone rang.

"I said, 'Oh sh–, there's only one thing that can be.' Sure enough, my wife said, 'I'm having contractions, I'm going to the emergency room.' I said, 'All right, let me know what I need to do.'"

Despite being in labour, Leighann Loup had already booked a flight for Aaron by the time she called him. "She said, 'You fly out at seven. All you have to do is get to the airport.' She made it pretty easy for me," he says, laughing. "She kept it simple, that's for sure."

Loup arrived home at 9:30 and was at the hospital by 10.

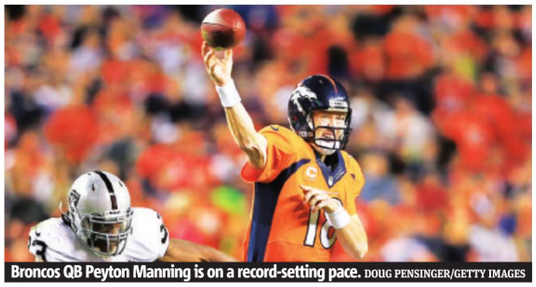
Sophie Harper Loup was born five hours later.

Loup isn't the only Blue Jay showing off newborn photos on his cellphone these days. Adam Lind had his second child in April and Munenori Kawasaki became a dad in August. Reliever Neil Wagner left the team on Tuesday to attend the birth of his first child, and outfielder Rajai Davis is expected to do the same any day now.

"Everybody shares pictures," Kawasaki said. "Like, 'Woah, so cute!'" TORSTAR NEWS SERVICE

Better with age: Wine, cheese, Peyton

NFL. Broncos QB the first to throw a dozen TDs in the first three weeks


Broncos QB Peyton Manning is on a record-setting pace. DOUG PENSINGER/GETTY IMAGES

Peyton Manning is only getting better with age.

Those surgical scars on his neck are starting to fade like all those fears that he might never be the same quarterback — or even play again — after his right arm shrank from a damaged nerve in his biceps two years ago.

Denver's 37-year-old quarterback is making it hard to fathom that not so long ago he was missing an entire season and getting fired in Indianapolis. The four-time MVP is off to the best start of his storied 16-year career.

Driven by last year's playoff pratfall, Manning is putting up historic numbers while directing an imaginative offence that's still working through some growing pains.

Here's the scary part for opponents: Even with so many footballs slipping through his teammates' hands or going through the uprights after stalled drives, the Broncos (3-0) are averaging 42 points.

"I think Peyton's playing at an all-time (high) right now," said Philadelphia coach Chip Kelly, whose Eagles (1-2) visit Denver on Sunday. "You couple him being at the top of his game and then give him the weapons that he has, it's a pretty dangerous formula ..."

Denver's version of the "Fearsome Foursome" is Demaryius Thomas, Eric Decker, Wes Welker and Julius Thomas, who have collected 72 catches for 943 yards and 11 TDs already. THE ASSOCIATED PRESS

Analysis

Hot start or real deal?

CATHAL KELLY
Special to Metro

By this point, even Peyton Manning seems baffled by what Peyton Manning is able to do.

At one point during Monday night's drubbing of the Raiders, Manning turned to his bench and smirked, as if to say, "This is too easy."

Manning now has the most remarkable quirk stat in the NFL — he leads the league in both completion percentage (73.0) and catchable passes dropped by his receivers (10.7 per cent).

It's early days, but his 134.7 rating is 12 points better than the highest single season total in history.

Yet strangely, because of whom we're talking about, this all seems ominous.

Manning is most people's choice as the best regular-season QB of all time. That's not the case. Manning's winning percentage trails that of Joe Montana and Tom Brady.

Go to metronews.ca for more of Cathal Kelly's NFL insight.

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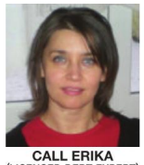
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Horoscopes

♈ Aries
March 21 - April 20
Mars in Leo does wonders for your confidence but don't let that blind you to the realities of your money situation. Saturn in Scorpio warns it could cost you big time if you take a risk that is best avoided.

♉ Taurus
April 21 - May 21
Disputes are inevitable but none of them are of any real importance, so don't get drawn into slanging matches with people whose main motivation seems to be envy.

♊ Gemini
May 22 - June 21
Check the facts several times today. Neptune, planet of illusion, is strong at the moment, so your mind could easily play tricks on you.

♋ Cancer
June 22 - July 23
Good news will come out of nowhere today, easing your fears and making you realize how fortunate you really are. Also, a friend or colleague will offer you the kind of advice that money cannot buy. Take it.

♌ Leo
July 24 - Aug. 23
You may have to force yourself to be enthusiastic about what you have to do today but once you get going it won't be the chore you feared it would be. It could even surprise you and make you some extra money.

♍ Virgo
Aug. 24 - Sept. 23
A few days from now, you will get the chance to do something a bit out of the ordinary. In the meantime, treat yourself kindly and don't get involved with people who only ever waste your time.

♎ Libra
Sept. 24 - Oct. 23
If you are happy with the way your life is going, that's great. If not, start making changes. The Sun in your sign means it's time to get your act in gear and get cracking on a scheme that is important to you.

♏ Scorpio
Oct. 24 - Nov. 22
With the Sun linked to nebulous Neptune today, it's unlikely you will be thinking straight. Be wary of making plans you cannot easily get out of. Be wary of your feelings too. Can you trust them?

♐ Sagittarius
Nov. 23 - Dec. 21
Your confidence may be at an all-time high and all things may seem possible but don't be deceived: There is still a lot of hard work to be done before you come close to reaching your number one goal.

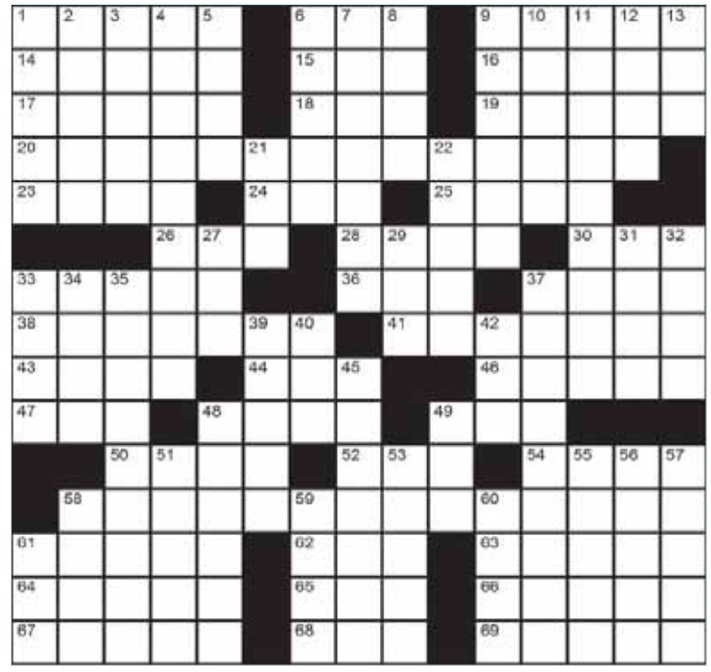
♑ Capricorn
Dec. 22 - Jan. 20
Life moves in cycles and the cycle you are on now mostly deals with your career and position in the wider world. Having said that, you can still find time for love — if you try.

♒ Aquarius
Jan. 21 - Feb. 19
It's good that you are the forgiving sort but don't go too far and forgive people for crimes they should be punished for or you will get a reputation as a pushover.

♓ Pisces
Feb. 20 - March 20
There's no point being uptight about situations that are beyond your control. That is the message of your solar chart today, so avoid confrontations you cannot win. **SALLY BROMPTON**

Crossword: Canada Across and Down

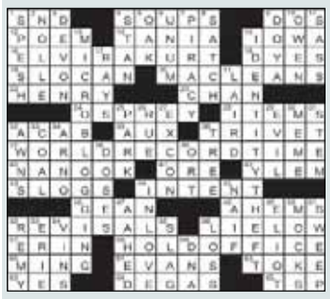
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Wild guesses
6. Work with a wok
9. Canadian author Farley
14. George Clooney job on TV, _ _ __
15. Deer sort
16. "_ __ you to..."
17. "That doesn't __ _ thing!"
18. Hawaii's __ Beach
19. __ __ example
20. Canada's is the Metric, the USA's is the what?: 2 wds.
23. Cobblestone
24. Alias acronym
25. Roman love god
26. 'Ball' suffix
28. Famous river
30. Discontinuity
33. Composer Mr. Copland
36. Polka's partner
37. Low-lying area
38. Comedian Ms. Handler
41. Ottawa, for one
43. Common sitcom roles
44. Glaswegian's 'No'
46. 99, for one, on "Get Smart"
47. TV station
48. Swindle
49. Canada's financial TV channel
50. Wharf
52. Edible green thing
54. Icelandic epic
58. Temporary __ __ (Latest trend in manicures)
61. Mr. Lauzon of Royal Canadian Air Farce
62. British singer Rita
63. Totally consumed: 2 wds.
64. Gambling destination, Monte __
65. Giggling, texting-style
66. Curt
67. Kelly Clarkson's "Since _ __ Gone"
68. Sacred chest
69. Industrial city in Germany

Down
1. 18-wheelers
2. New Orleans-set HBO series
3. Adjust
4. Pre-history working implements: 2 wds.
5. Boo-boo
6. 1978 disco hit: "Le __"
7. "The X Factor" judge Kelly
8. Fancy 'fors'
9. "Did you __ __?" (Returnee's query)
10. John Keats poem, __ __ a Nightingale
11. Political headline-grabber in the 1970s
12. Ancient Syria's biblical name
13. Midmorning time
21. Sir McKellen
22. Conference of 1945 of the Big Three
27. Slip-__ (Some shoes)
29. Winter/Summer games org.
31. Actor Mr. Arkin
32. Throw a snowball
33. Australian band
34. Captain in "Moby Dick" (1956)
35. Moscow tourist attraction: 2 wds.
37. National Film Board short films shown during TV commercials time, Canada __
39. Britannica, e.g.
40. US motorists org.
42. Cook's need
45. "The Last __" (1987)
48. Musical, Miss __
49. Sheep's sound
51. Handy
53. Canadian showbiz news show
55. Getting-things-done people
56. Put out, as flames
57. __, Colorado
58. Grouch
59. Ms. Falana
60. __ Modern (Art gallery in London, England)
61. Hosp. ward for heart patients

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8		5		6		7	
		7				3		
	5		8		1		9	
	3	5				7	8	
8								6
	4	2				5	1	
	7		6		9		4	
		8				9		
	1		2		7		3	

Yesterday's Sudoku

7	8	9	1	3	6	2	4	5
4	6	2	5	7	9	3	1	8
5	3	1	2	8	4	6	9	7
3	2	6	8	4	7	9	5	1
8	4	5	9	1	2	7	6	3
1	9	7	6	5	3	8	2	4
2	7	3	4	6	5	1	8	9
9	1	4	3	2	8	5	7	6
6	5	8	7	9	1	4	3	2

Today 20°/10° Sunny
Friday 19°/11° Sunny

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0%† FINANCING FOR UP TO 96 MONTHS OR GET UP TO **$4,500 IN PRICE ADJUSTMENTSΩ**
AMOUNT SHOWN ON THE 2013 SONATA HYBRID

ON SELECT MODELS

HURRY IN AND GET AN AMAZING DEAL TODAY

2013 ACCENT 5 DR L

Inventory is limited.
Dealer order may be required.

GLS model shown

OWN IT FOR $73 BI-WEEKLY WITH 0%† FINANCING FOR 96 MONTHS + INCLUDES $200 IN PRICE ADJUSTMENTSΩ
NO MONEY DOWN

STANDARD FEATURES INCLUDE:
1.6L GDI ENGINE • FRONT ACTIVE HEADRESTS • FRONT, SIDE & CURTAIN AIRBAGS • POWER DOOR LOCKS • AM/FM/CD/MP3/USB/IPOD® AUDIO SYSTEM

SELLING PRICE: $15,135♦
ACCENT 5 DR L 6-SPEED MANUAL. $200 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

HWY: **5.3**L/100 KM
CITY: **7.1**L/100 KM▼

2013 ELANTRA L

Inventory is limited.
Dealer order may be required.

Limited model shown

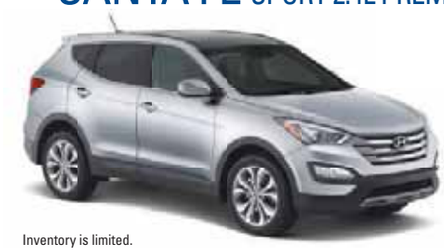
OWN IT FOR $82 BI-WEEKLY WITH 0%† FINANCING FOR 96 MONTHS + INCLUDES $500 IN PRICE ADJUSTMENTSΩ
NO MONEY DOWN

STANDARD FEATURES INCLUDE:
6 AIRBAGS • IPOD®/USB/AUXILIARY INPUT JACKS • POWER WINDOWS & DOOR LOCKS • ABS WITH TRACTION CONTROL SYSTEM • DUAL HEATED POWER EXTERIOR MIRRORS

SELLING PRICE: $17,035♦
ELANTRA L 6-SPEED MANUAL. $500 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

HWY: **5.2**L/100 KM
CITY: **7.1**L/100 KM▼

2013 SANTA FE SPORT 2.4L PREMIUM FWD



Inventory is limited.

Limited model shown

OWN IT FOR $149 BI-WEEKLY WITH 1.79%† FINANCING FOR 96 MONTHS
WITH $1,300 DOWN

STANDARD FEATURES INCLUDE:
AUTOMATIC DUAL ZONE TEMPERATURE CONTROL • AUTOMATIC HEADLIGHTS • SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • REAR PARK ASSIST • HEATED STEERING WHEEL/FRONT/REAR SEATS

SANTA FE SPORT 2.0T 2013 CANADIAN UTILITY VEHICLE OF THE YEAR

SELLING PRICE: $30,195♦
SANTA FE SPORT 2.4L PREMIUM FWD AUTO. FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

HWY: **6.7**L/100 KM
CITY: **10.1**L/100 KM▼

2013 ELANTRA GT

Inventory is limited.
Dealer order may be required.

SE with Tech. shown

GET UP TO $2,350 IN PRICE ADJUSTMENTSΩ + 0%† FINANCING FOR 24 MONTHS

AVAILABLE FEATURES:
SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • PANORAMIC SUNROOF • 17" ALLOY WHEELS • 7" TOUCHSCREEN NAVIGATION SYSTEM W/HIDDEN REARVIEW CAMERA • HEATED FRONT SEATS

ELANTRA GT 2013 BEST NEW SMALL CAR (OVER $21K)

HWY: **5.3**L/100 KM
CITY: **7.6**L/100 KM▼

5 YEAR WARRANTY
5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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